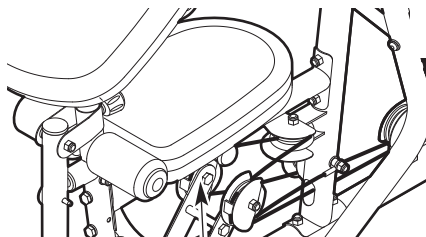


# WEIDER® PRO 5500

Model No. WEEVSY2996.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

**08457 089 009**

Or write:

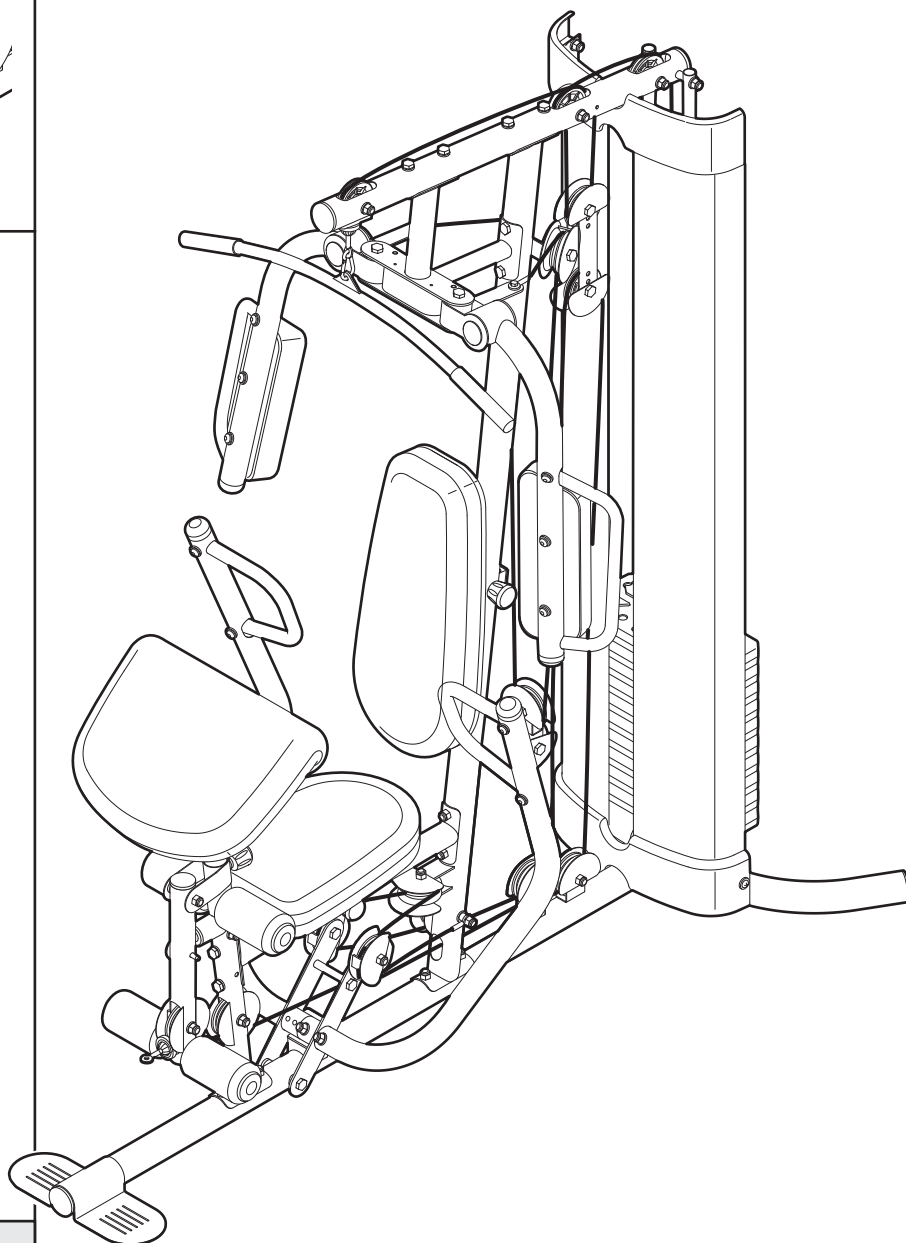
ICON Health & Fitness, Ltd.  
Unit 4  
Revie Road Industrial Estate  
Revie Road, Beeston  
Leeds, LS11 8JG  
UK

email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## USER'S MANUAL



Visit our website at

[www.iconeurope.com](http://www.iconeurope.com)

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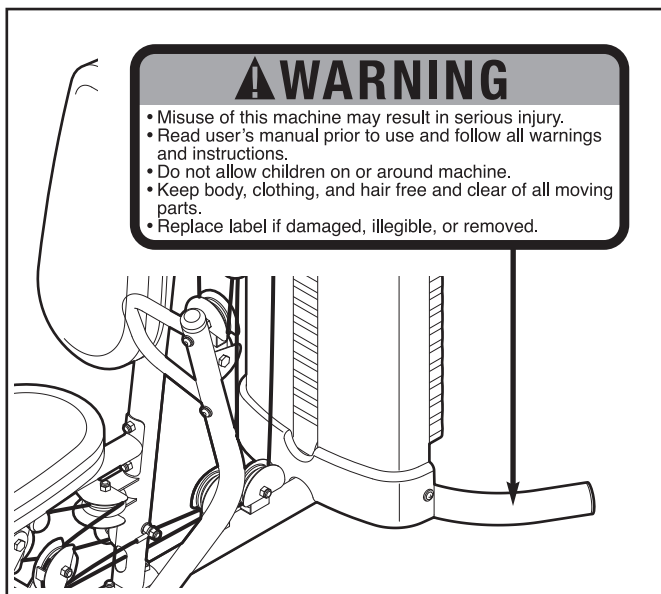
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## WARNING DECAL PLACEMENT

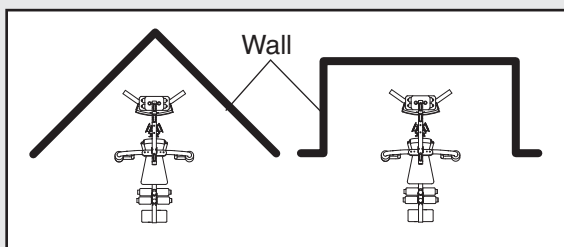
The decal shown at the right has been placed on the weight system in the location shown. If the decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the replacement decal in the location shown.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual and all warnings on the weight system before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use it.
5. The weight system has an open weight stack; the weight stack must not be accessible from any point outside the user's field of view. To prevent access to the weight stack, place the weight system in a corner or bay of a room, as shown in the drawing below. There must be no more than 1 meter (3 ft. 4 in.) of clearance between the weight system and the adjacent walls.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. The weight system is designed to support a maximum user weight of 135 kg (295 lbs).
8. Keep children under 12 and pets away from the weight system at all times.
9. Keep hands and feet away from moving parts.
10. Always wear athletic shoes for foot protection while exercising.
11. Make sure that the cables remain on the pulleys at all times. If a cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys. Replace all cables at least every two years.
12. The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.
13. Always make sure that the weight pin is inserted fully into the weight stack before you exercise.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. Do not use more than ten weights with the butterfly arms.



**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

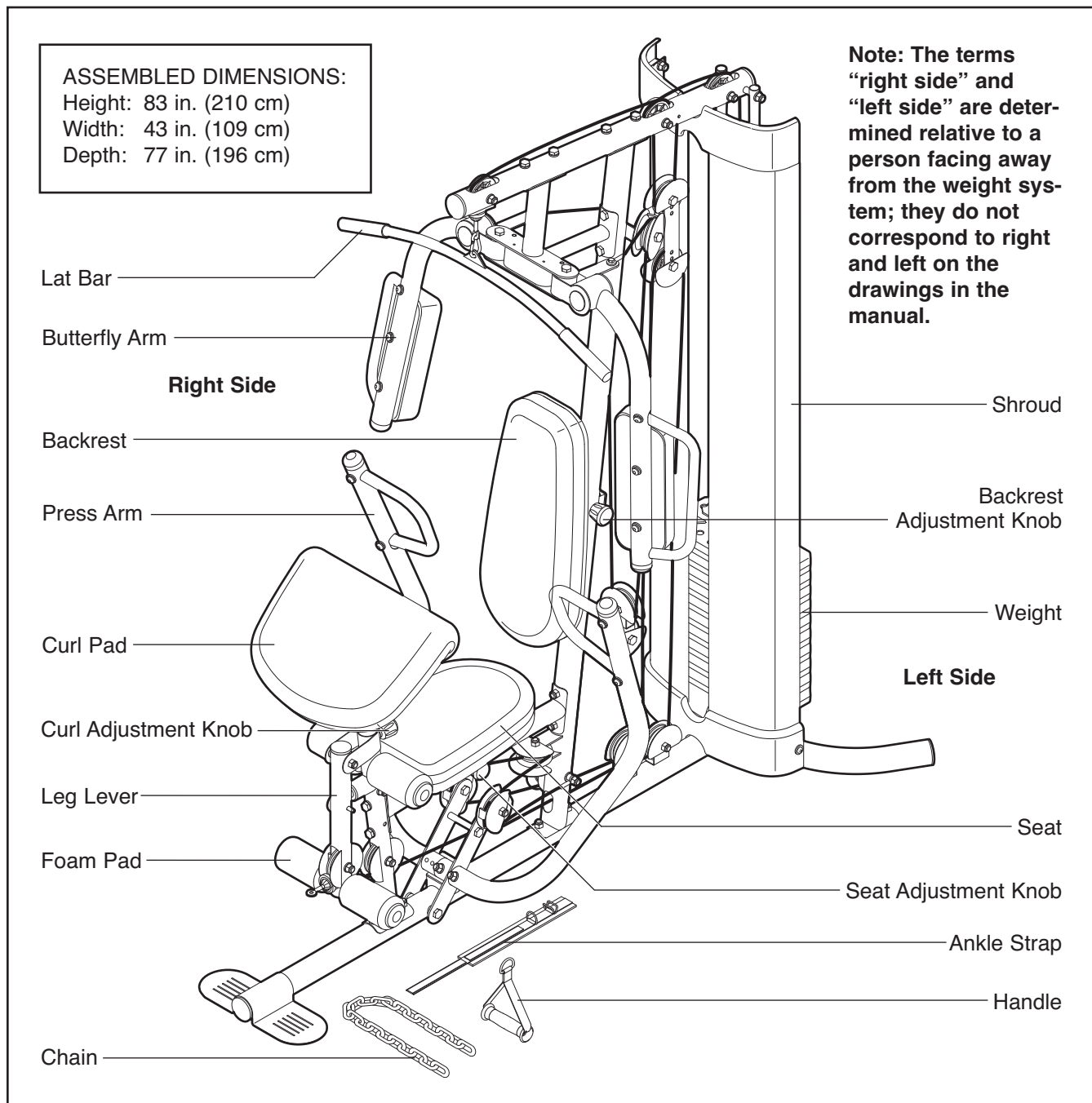
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER™ PRO 5500 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight system.** If you have questions after

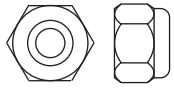
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WEEVS2996.0. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

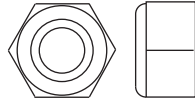


# PART IDENTIFICATION CHART — Model No. WEEVSY2996.0 R0706A

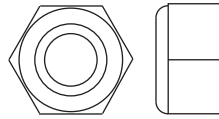
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**



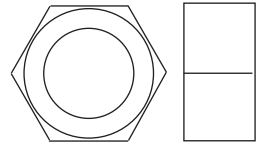
M6 Nylon  
Locknut (107)



M8 Nylon  
Locknut (78)



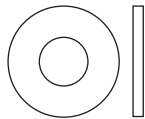
M10 Nylon  
Locknut (77)



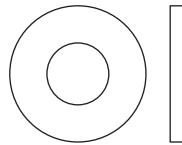
M12 Nut (112)



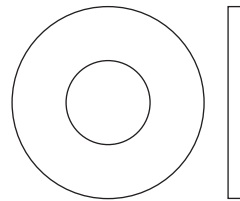
M4 Washer  
(104)



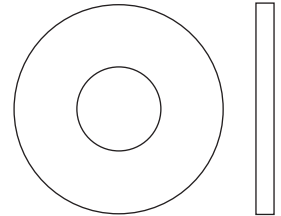
M6 Washer  
(114)



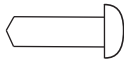
M8 Washer (103)



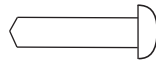
M10 Washer (80)



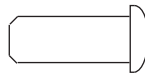
M10 Large Washer (105)



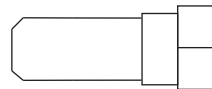
M4 x 12mm  
Self-tapping  
Screw (102)



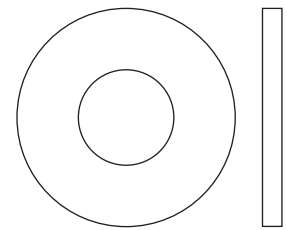
M4 x 16mm  
Self-tapping  
Screw (110)



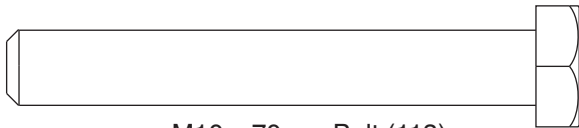
M6 x 16mm  
Screw (88)



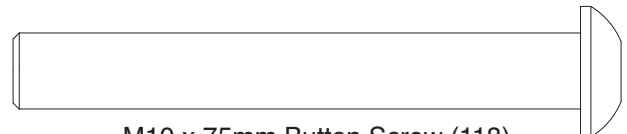
M8 x 22mm  
Shoulder Bolt (90)



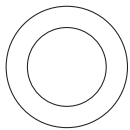
M12 Large Washer (98)



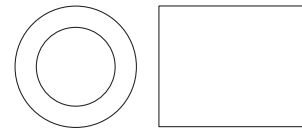
M10 x 70mm Bolt (113)



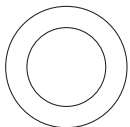
M10 x 75mm Button Screw (118)



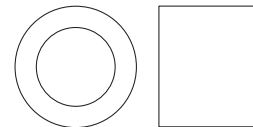
90mm Spacer (59)



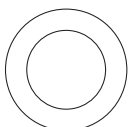
19mm Spacer (67)



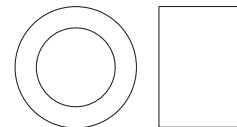
56.5mm Spacer (69)



13mm Steel Spacer (109)



21mm Steel Spacer (108)

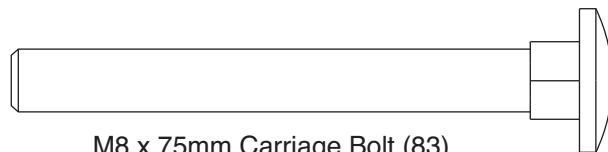


11mm Spacer (99)

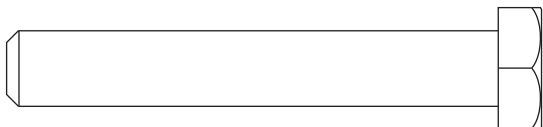
# PART IDENTIFICATION CHART — Model No. WEEVSY2996.0 R0706A



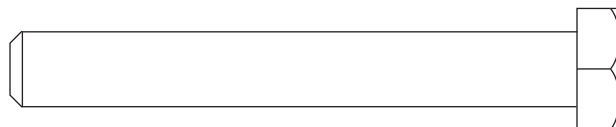
Boulon à Épaulement M8 x 69mm (87)



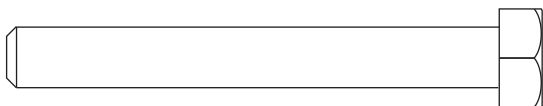
M8 x 75mm Carriage Bolt (83)



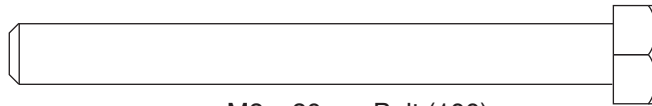
Boulon de M10 x 65mm (85)



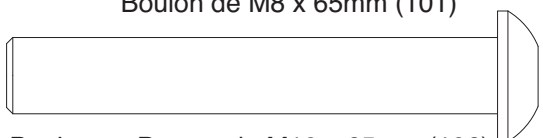
M10 x 75mm Bolt (82)



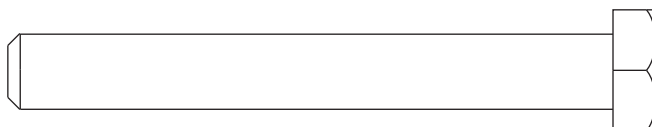
Boulon de M8 x 65mm (101)



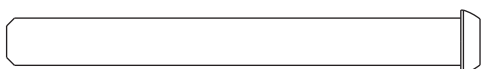
M8 x 80mm Bolt (100)



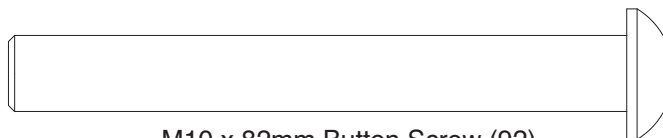
Boulon en Bouton de M10 x 65mm (106)



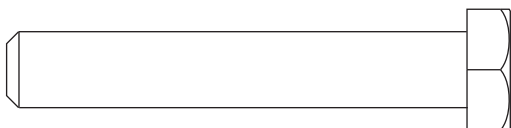
M10 x 80mm Bolt (84)



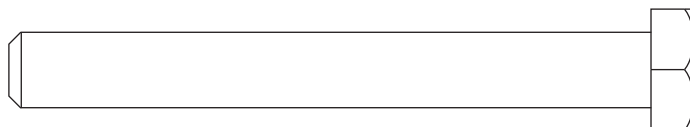
Vis en Bouton de M6 x 60mm (91)



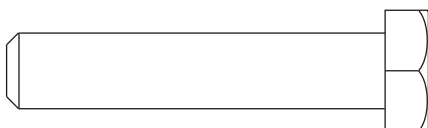
M10 x 82mm Button Screw (92)



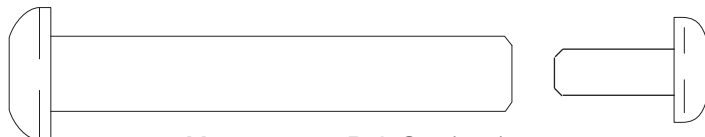
Boulon de M10 x 60mm (79)



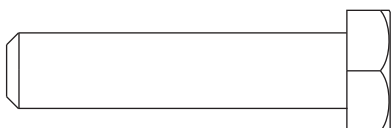
M10 x 85mm Bolt (81)



Boulon de M10 x 50mm (97)



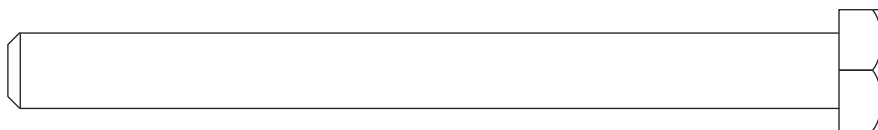
M10 x 61mm Bolt Set (116)



Boulon de M10 x 45mm (86)



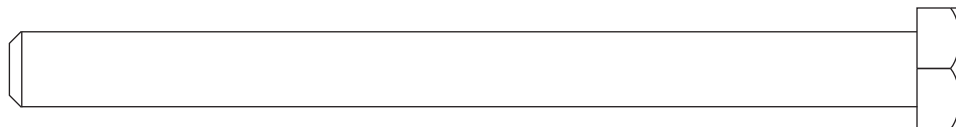
Vis de M6 x 32mm (89)



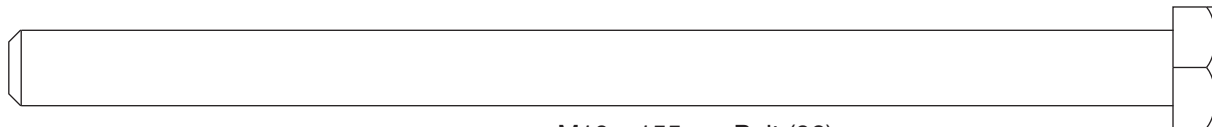
M10 x 110mm Bolt (93)



M6 x 28mm Bolt (94)

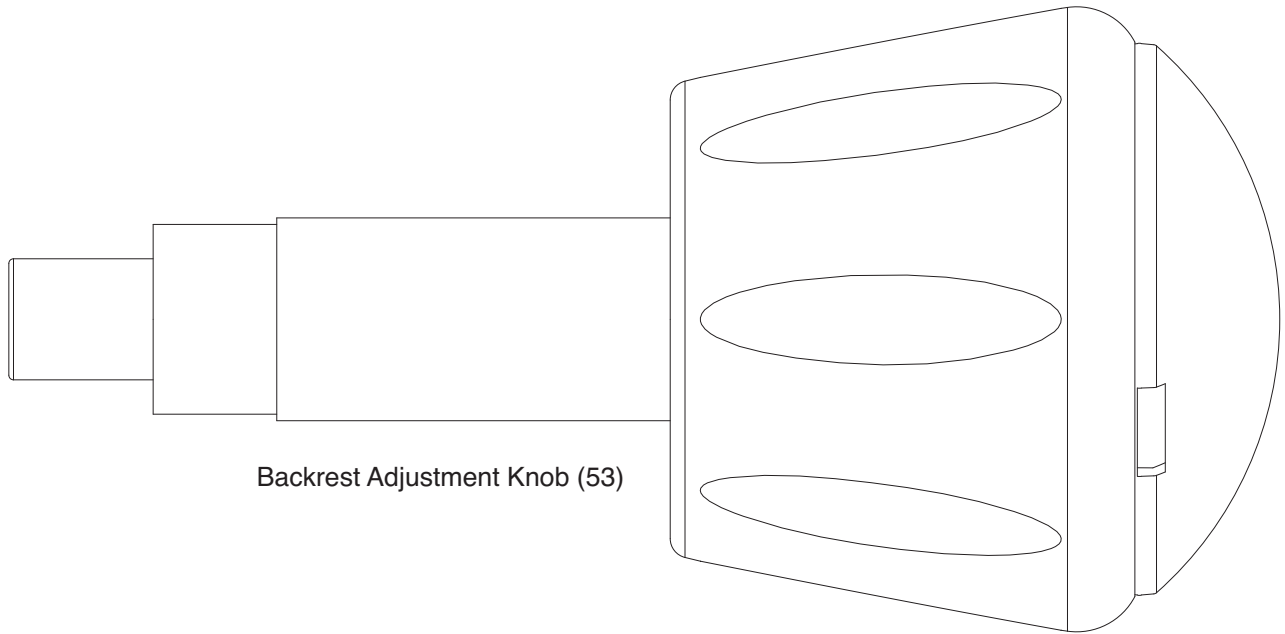


M10 x 120mm Bolt (115)

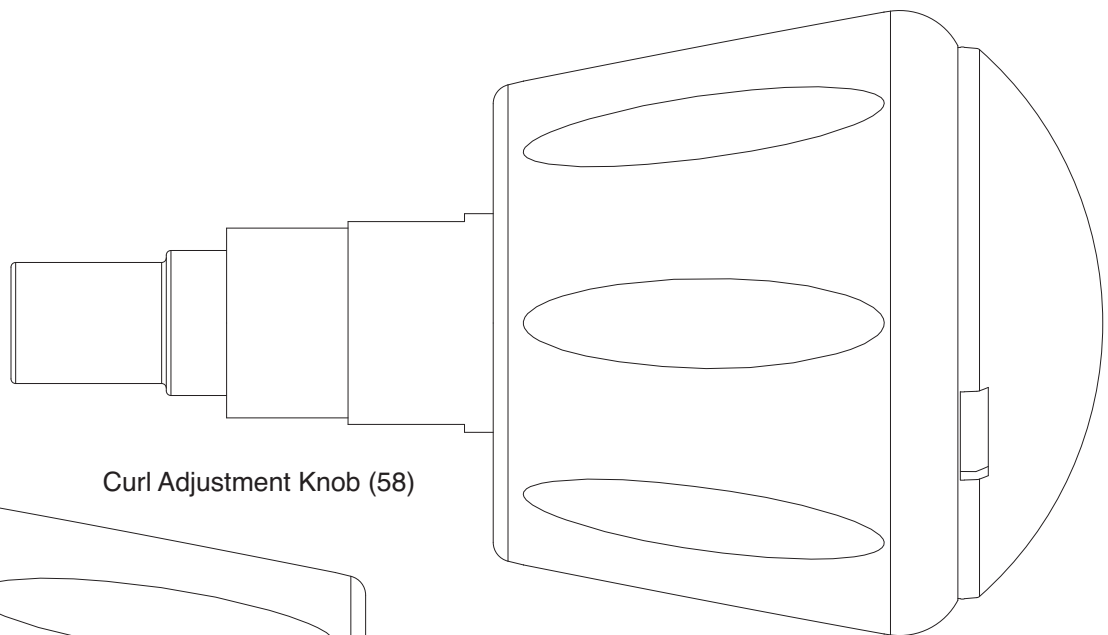


M10 x 155mm Bolt (96)

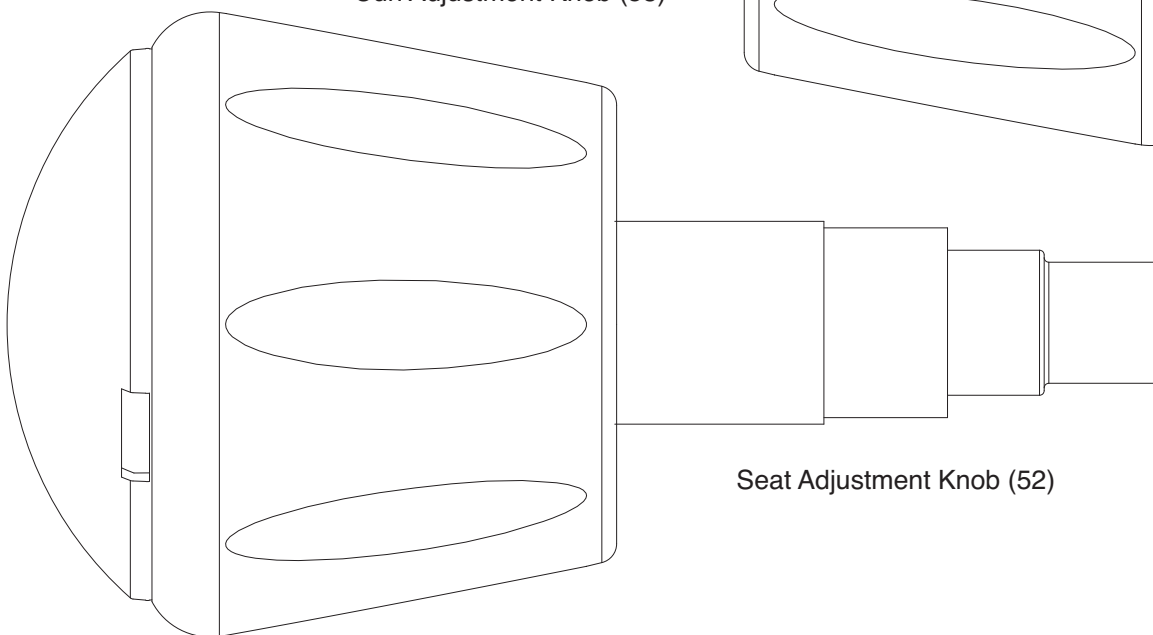
# PART IDENTIFICATION CHART — Model No. WEEVSY2996.0 R0706A



Backrest Adjustment Knob (53)



Curl Adjustment Knob (58)



Seat Adjustment Knob (52)

# ASSEMBLY

## Make Assembly Easier

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

## Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

## Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.





## Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

## Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

## How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

## How to Orient Parts

As you assemble the weight system, make sure all parts are oriented exactly as shown in the drawings.

## Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

## Questions?

If you have questions after reading these assembly instructions, please call the phone number on the front cover of this manual.

## The Four Stages of the Assembly Process

**Frame Assembly**—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

**Arm Assembly**—During this stage you will assemble the arms and the leg lever.

**Cable Assembly**—During this stage you will attach the cables and pulleys that connect the arms to the weights.

**Seat Assembly**—During the final stage you will assemble the seats and the backrests.



# Frame Assembly

1. **Before beginning assembly, make sure you understand the information in the box on page 8. See the PART IDENTIFICATION CHARTS on pages 5 and 6 of this manual for help identifying small parts.**

Insert four M8 x 75mm Carriage Bolts (83) up through the Base (1). **Note: It may be helpful to place a piece of tape over each Bolt head to hold it in place.**

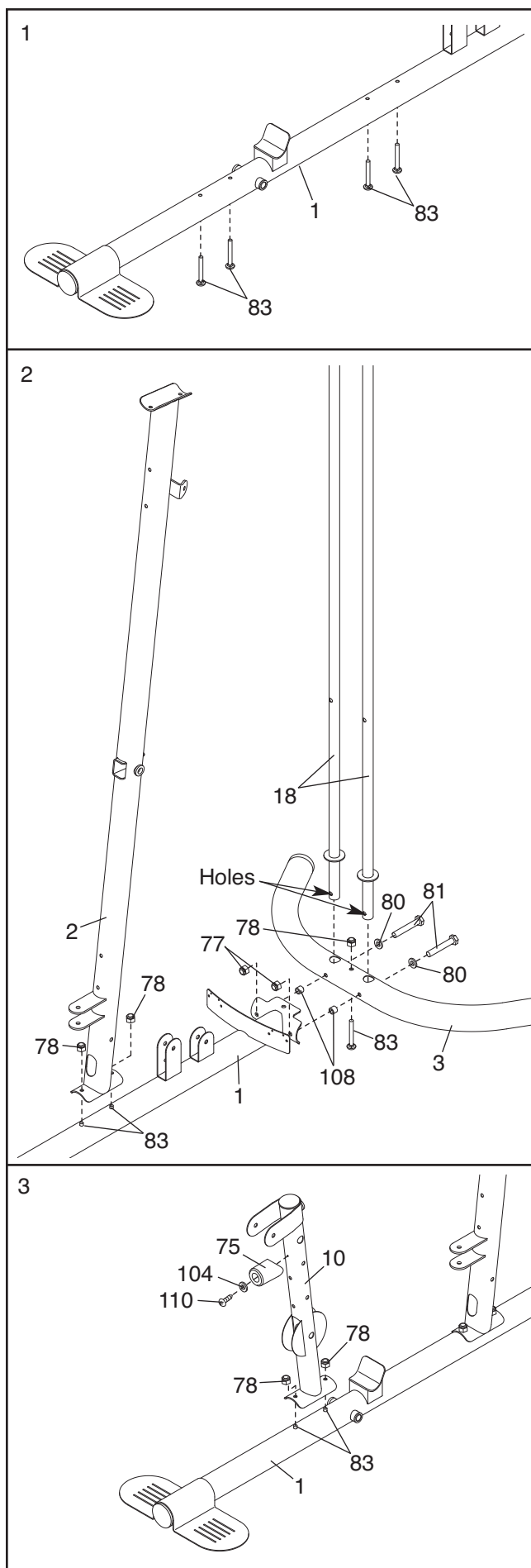
2. Insert an M8 x 75mm Carriage Bolt (83) up through the Stabilizer (3).

Attach the Base (1) and the two Weight Guides (18) to the Stabilizer (3) with two M10 x 85mm Bolts (81), two M10 Washers (80), two 21mm Steel Spacers (108), two M10 Nylon Locknuts (77), and an M8 Nylon Locknut (78). **Make sure the indicated holes in the Weight Guides are nearer the bottom. Do not tighten the Nylon Locknuts yet.**

Attach the Upright (2) to the Base (1) with the two indicated M8 x 75mm Carriage Bolts (83) and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**

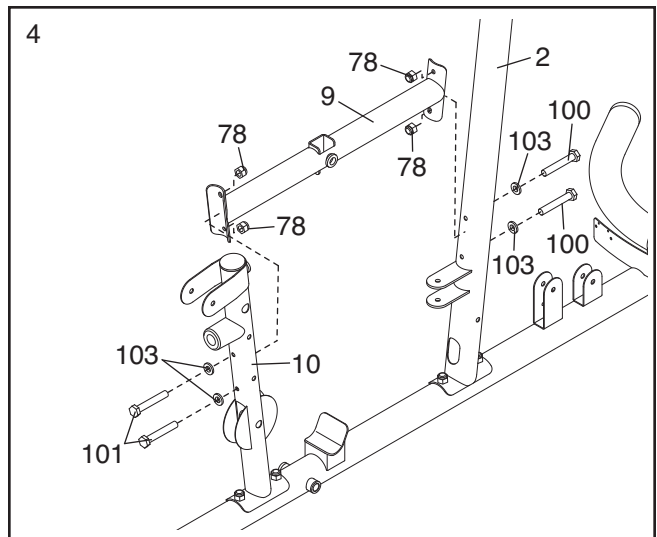
3. Attach the Front Leg (10) to the Base (1) with the two M8 x 75mm Carriage Bolts (83) and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**

Attach the Leg Lever Bumper (75) to the Front Leg (10) with an M4 x 16mm Self-tapping Screw (110) and an M4 Washer (104). **Make sure the end of the Leg Lever Bumper is pointing up.**

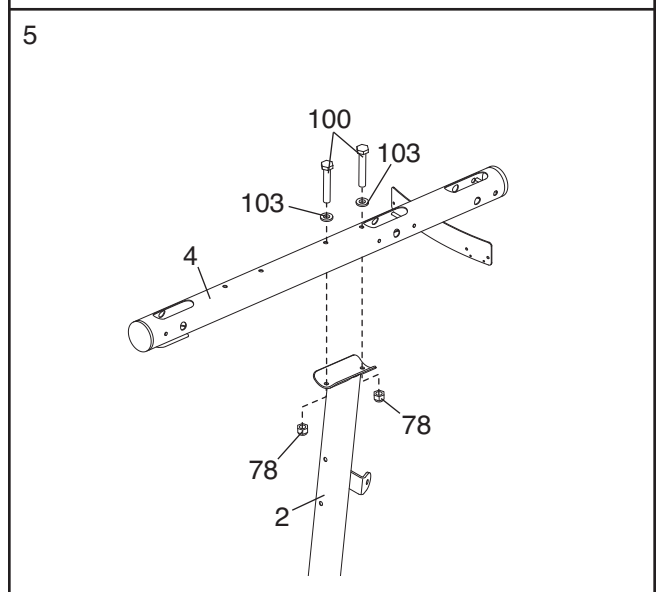


4. Attach the Frame (9) to the Upright (2) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**

Attach the Frame (9) to the Front Leg (10) with two M8 x 65mm Bolts (101), two M8 Washers (103), and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**



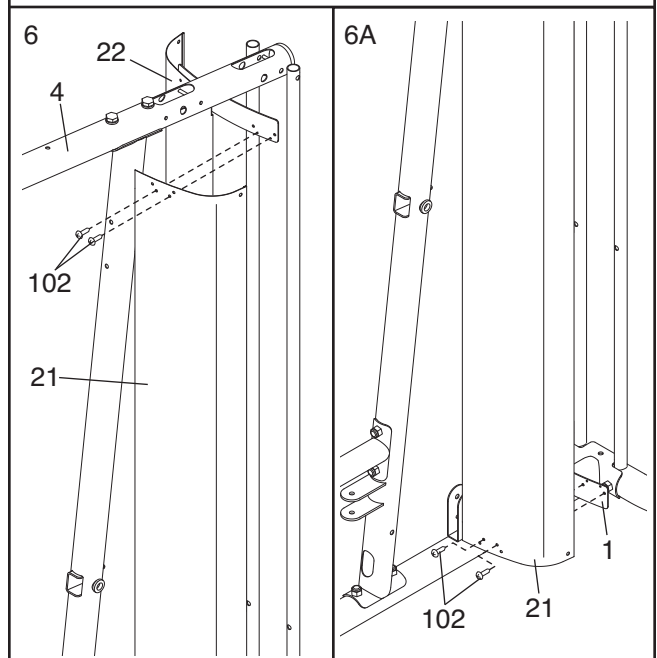
5. Attach the Top Frame (4) to the Upright (2) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**



6. Attach the Left Shroud (21) to the Top Frame (4) with two M4 x 12mm Self-tapping Screws (102).

**See drawing 6A.** Attach the bottom of the Left Shroud (21) to the Base (1) with two M4 x 12mm Self-tapping Screws (102).

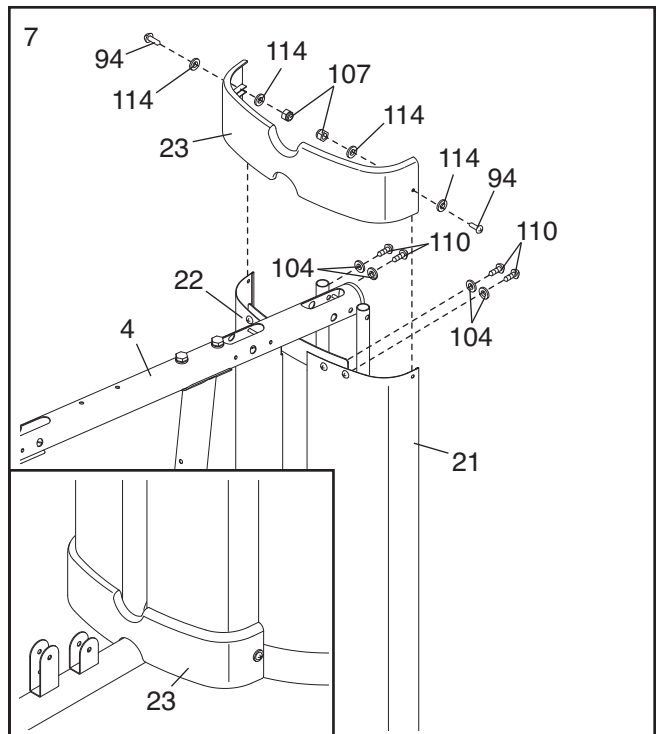
**Repeat this step for the Right Shroud (22).**



7. Attach a Shroud Cover (23) to the Left and Right Shrouds (21, 22) with two M6 x 28mm Bolts (94), four M6 Washers (114), and two M6 Nylon Locknuts (107).

Attach the Shroud Cover (23) to the Top Frame (4) with four M4 x 16mm Self-tapping Screws (110) and four M4 Washers (104).

**See the inset drawing and attach the other Shroud Cover (23) in the same manner.**



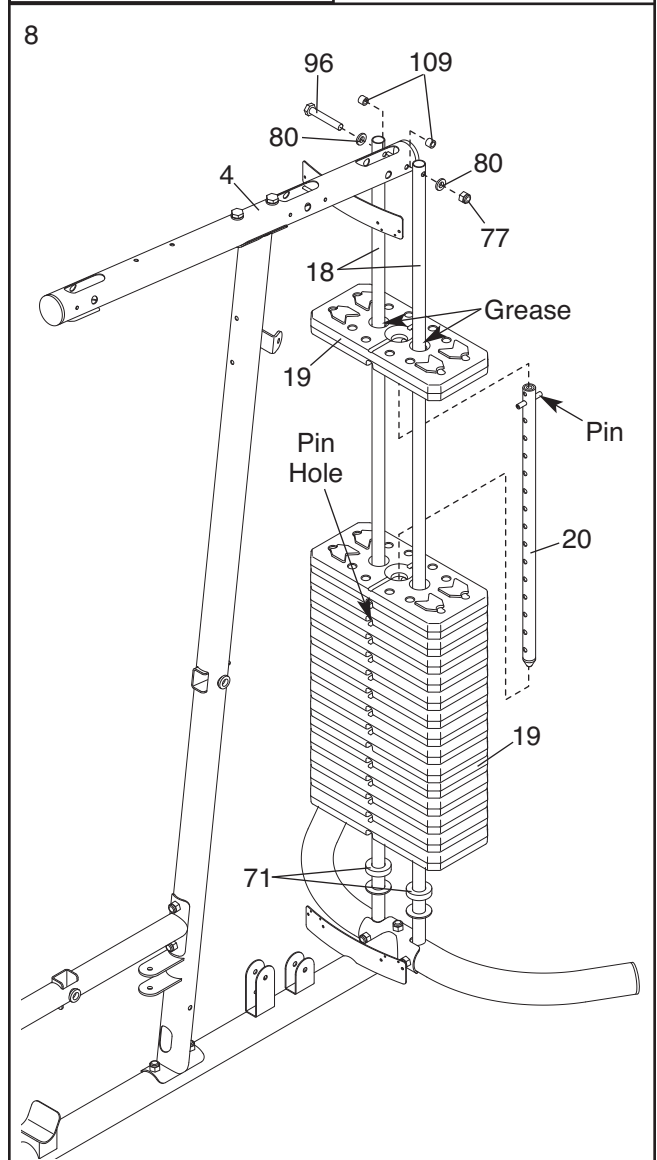
8. **Note: Some parts have been removed to show this step clearly.**

Slide the two Weight Bumpers (71) onto the Weight Guides (18). Orient fourteen Weights (19) with the pin holes on the bottom as shown. Slide the Weights onto the Weight Guides.

Insert the Weight Tube (20) into the fourteen Weights (19). **Make sure the pin on the Weight Tube is oriented as shown.**

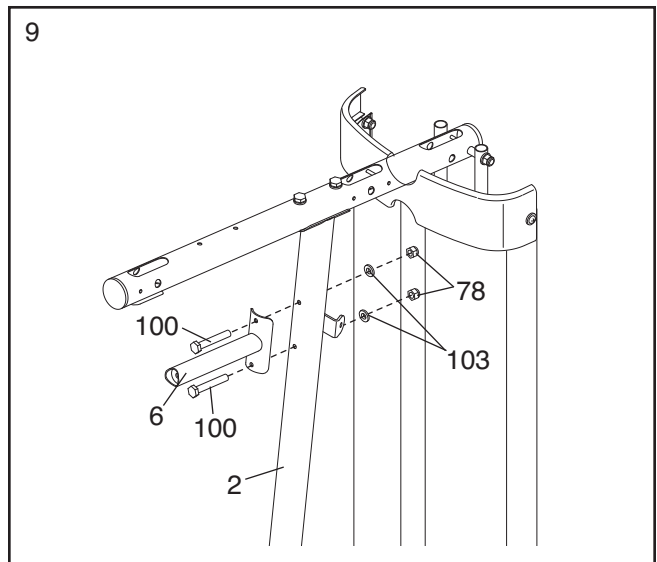
Lubricate the indicated holes in a Weight (19) with the included grease packet. Slide the Weight onto the Weight Guides (18).

Attach the Weight Guides (18) to the Top Frame (4) with an M10 x 155mm Bolt (96), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Nylon Locknut (77).

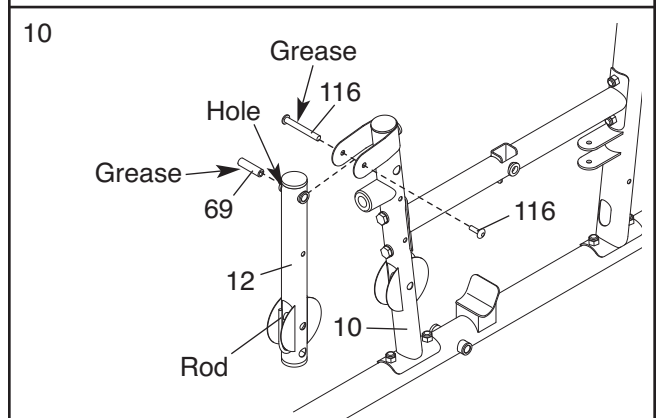


## Arm Assembly

9. Attach the Butterfly Frame Brace (6) to the Upright (2) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**

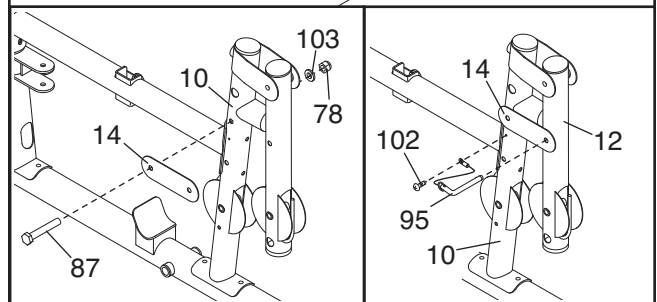


10. Apply grease in the locations shown. Insert a 56.5mm Spacer (69) the indicated hole in the Leg Lever (12). Attach the Leg Lever to the Front Leg (10) with an M10 x 61mm Bolt Set (116). **Make sure the indicated rod is oriented as shown.**



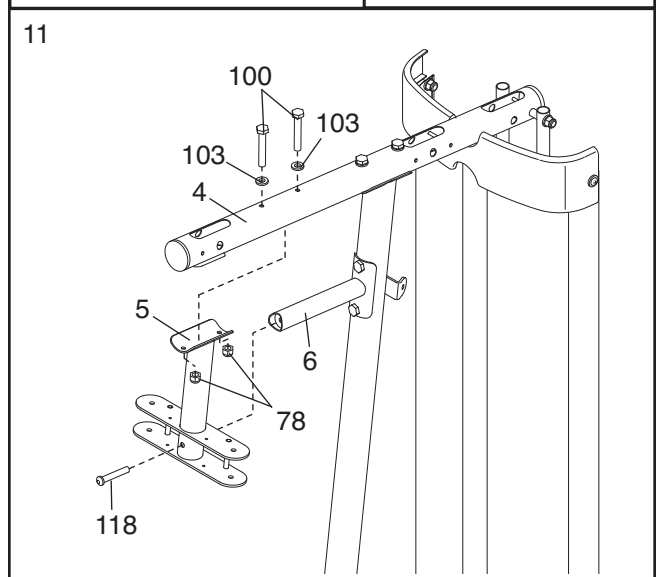
**See the left inset drawing.** Attach the Lock Plate (14) to the Front Leg (10) with the M8 x 69mm Shoulder Bolt (87), an M8 Washer (103), and an M8 Nylon Locknut (78).

**See the right inset drawing.** Insert the Lock Plate Pin (95) through the Lock Plate (14) and the Leg Lever (12). Attach the tether on the Lock Plate Pin to the Front Leg (10) with an M4 x 12mm Self-tapping Screw (102).



11. Attach the Butterfly Frame (5) to the Top Frame (4) with two M8 x 80mm Bolts (100), two M8 Washers (103), and two M8 Nylon Locknuts (78). **Do not tighten the Nylon Locknuts yet.**

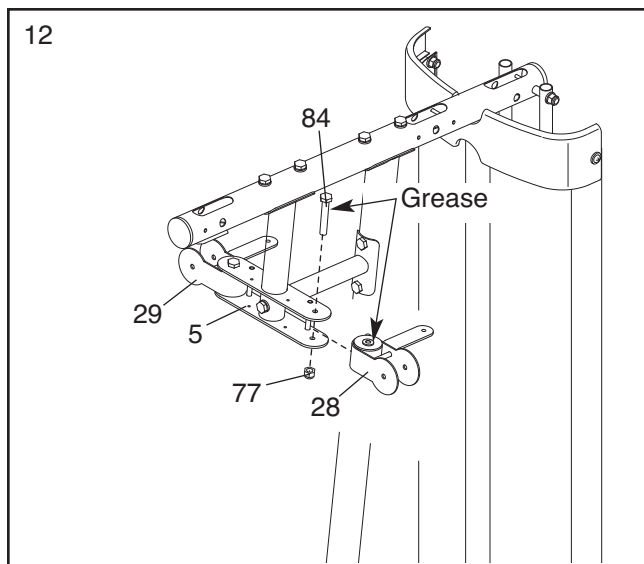
Attach the Butterfly Frame (5) to the Butterfly Frame Brace (6) with an M10 x 75mm Button Screw (118).



12. Apply grease to the locations shown and attach the Left Butterfly Bracket (28) to the Butterfly Frame (5) with an M10 x 80mm Bolt (84) and an M10 Nylon Locknut (77).

**Repeat this step for the Right Butterfly Bracket (29).**

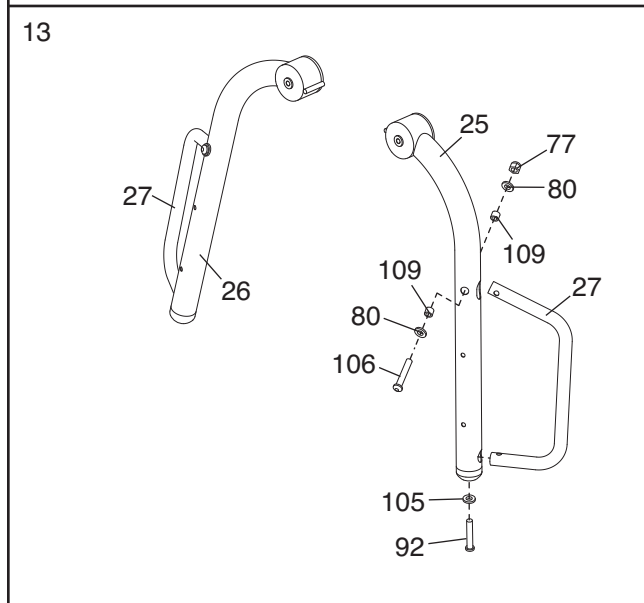
**Tighten the Nylon Locknuts (77, 78, 107) used in steps 2–12.**



13. Attach a Butterfly Handle (27) to the Left Butterfly Arm (25) with an M10 x 65mm Button Bolt (106), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Nylon Locknut (77).

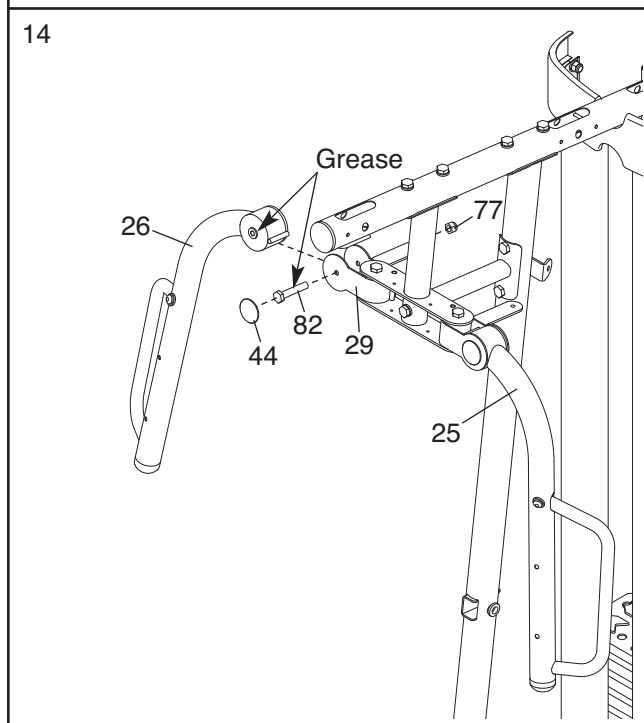
Secure the Left Butterfly Arm (25) with an M10 x 82mm Button Screw (92) and an M10 Large Washer (105).

**Repeat this step for the Right Butterfly Arm and Butterfly Handle (26, 27).**



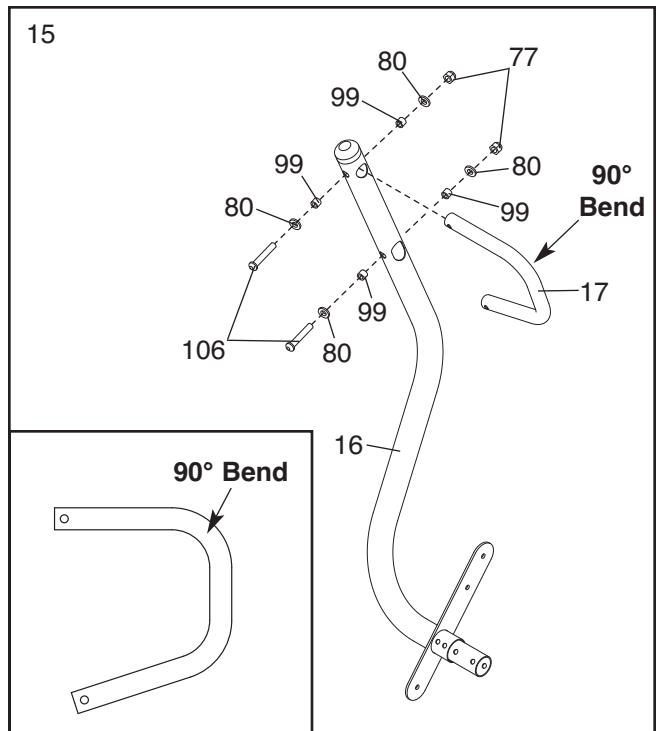
14. Apply grease in the locations shown and attach the Right Butterfly Arm (26) to the Right Butterfly Bracket (29) with an M10 x 75mm Bolt (82) and an M10 Nylon Locknut (77). Press a Bolt Cap (44) onto the end of the Bolt. **Do not overtighten the Bolt; the Butterfly Arm must pivot freely.**

**Repeat this step for the Left Butterfly Arm (25).**



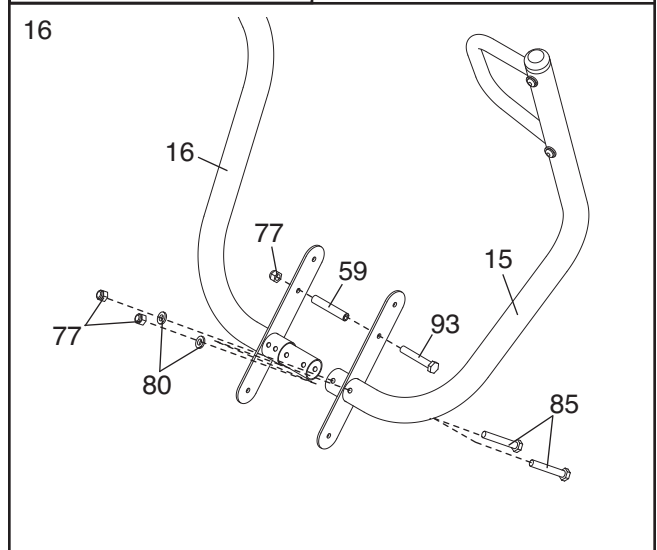
15. Orient a Press Arm Handle (17) with the 90° bend at the top as shown in the inset drawing. Attach a Press Arm Handle (17) to the Right Press Arm (16) with two M10 x 65mm Button Bolts (106), four M10 Washers (80), four 11mm Spacers (99), and two M10 Nylon Locknuts (77).

**Repeat this step for the Left Press Arm (not shown).**



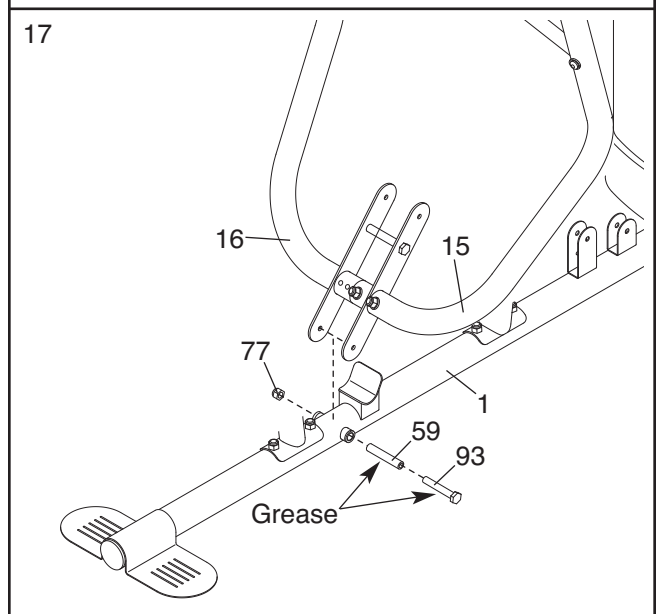
16. Attach the Left Press Arm (15) to the Right Press Arm (16) with an M10 x 110mm Bolt (93), an 90mm Spacer (59) and an M10 nylon Locknut (77).

Finish attaching the Press Arms with two M10 x 65mm Bolts (85), two M10 Washers (80), and two M10 Nylon Locknuts (77). **Do not over-tighten the Nylon Locknuts yet.**



17. Apply grease to an M10 x 110mm Bolt (93). Attach the Left and Right Press Arms (15, 16) to the Base (1) with the Bolt, an 90mm Spacer (59), and an M10 Nylon Locknut (77). **Do not over-tighten the Nylon Locknut; the Press Arms (15, 16) must be able to pivot freely.**

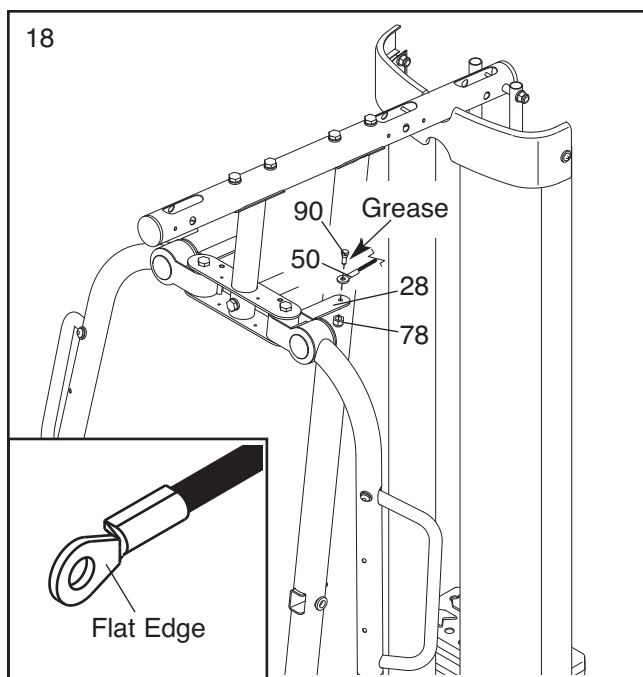
**Tighten the Nylon Locknuts (77) used in step 16.**



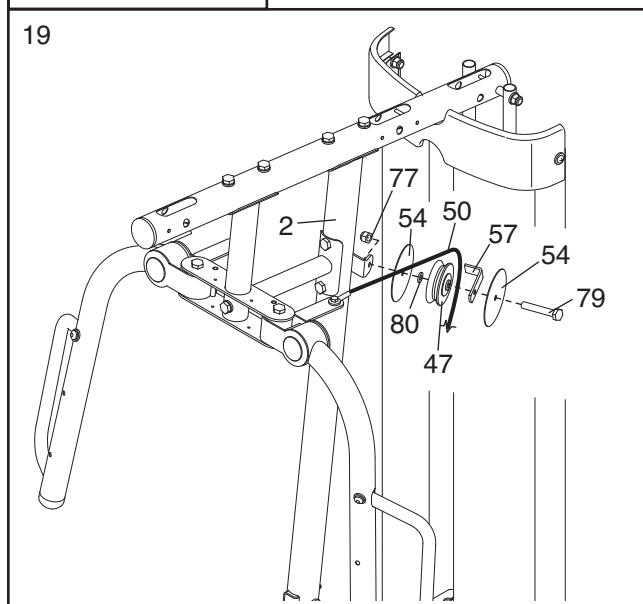
## Cable Assembly

18. See the **CABLE DIAGRAMS** on page 28 to identify the cables as you assemble them.

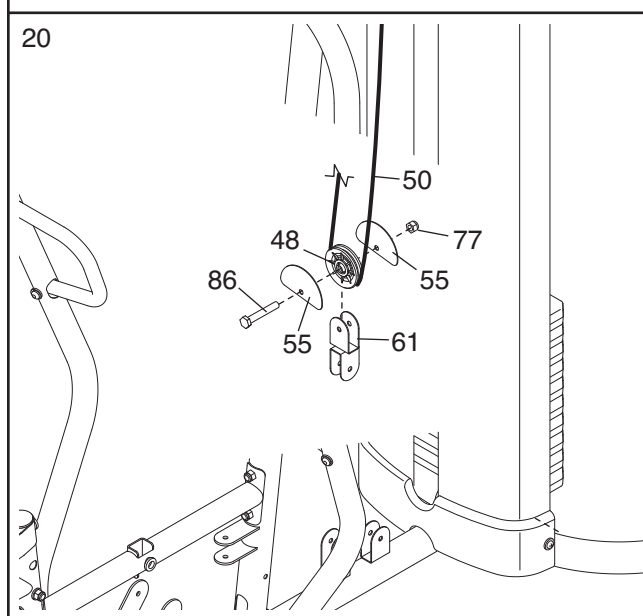
**Identify the Butterfly Cable (50).** Grease an M8 x 22mm Shoulder Bolt (90). Attach the Cable to the Left Butterfly Bracket (28) with the Shoulder Bolt and an M8 Nylon Locknut (78). **Make sure the flat edge of the Cable is against the Butterfly Bracket.** Do not overtighten the Shoulder Bolt; the Cable must pivot freely.



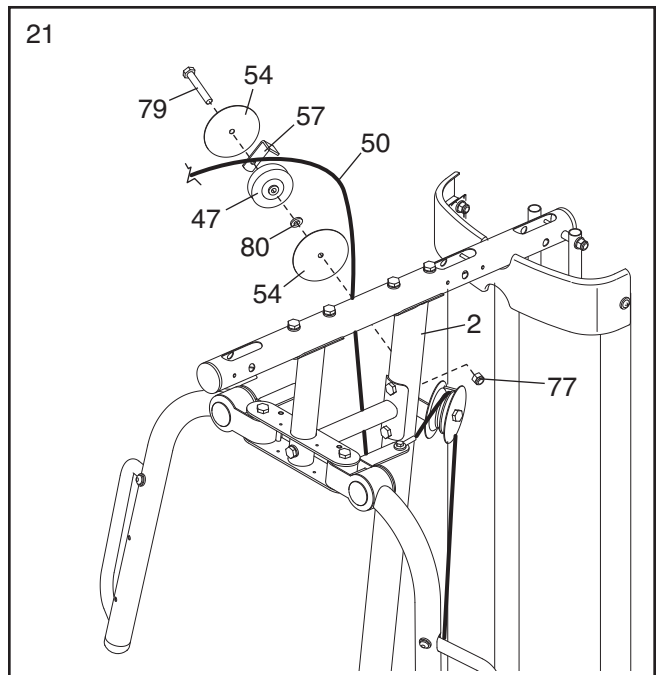
19. Wrap the Butterfly Cable (50) over a "V"-pulley (47). Attach the "V"-pulley, a Long Cable Trap (54), an M10 Washer (80), and two Guards (54) to the Upright (2) with an M10 x 60mm Bolt (79) and an M10 Nylon Locknut (77).



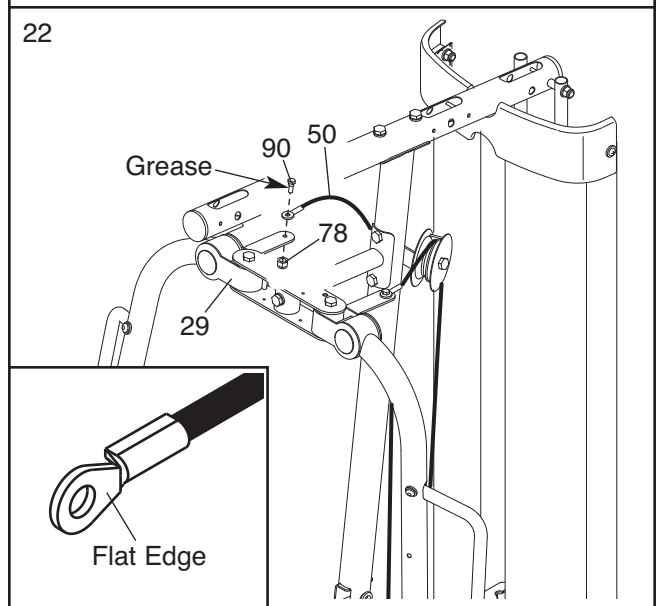
20. Wrap the Butterfly Cable (50) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (55) to the Double "U"-bracket (61) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (77). **Make sure the Half Guards are oriented as shown.**



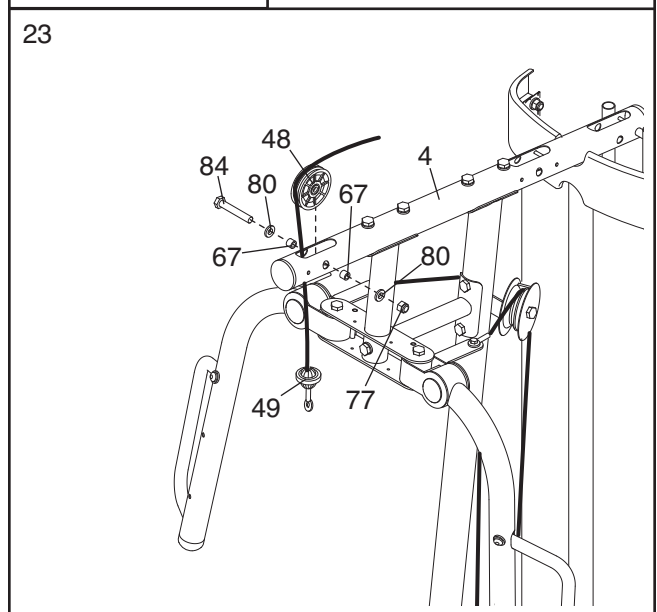
21. Wrap the Butterfly Cable (50) over a “V”-pulley (47). Attach the “V”-pulley, a Long Cable Trap (57), an M10 Washer (80), and two Guards (54) to the Upright (2) with an M10 x 60mm Bolt (79) and an M10 Nylon Locknut (77).



22. Grease an M8 x 22mm Shoulder Bolt (90). Attach the Butterfly Cable (50) to the Right Butterfly Arm (29) with the Shoulder Bolt and an M8 Nylon Locknut (78). **Make sure the flat edge of the Cable is against the Butterfly Bracket.**

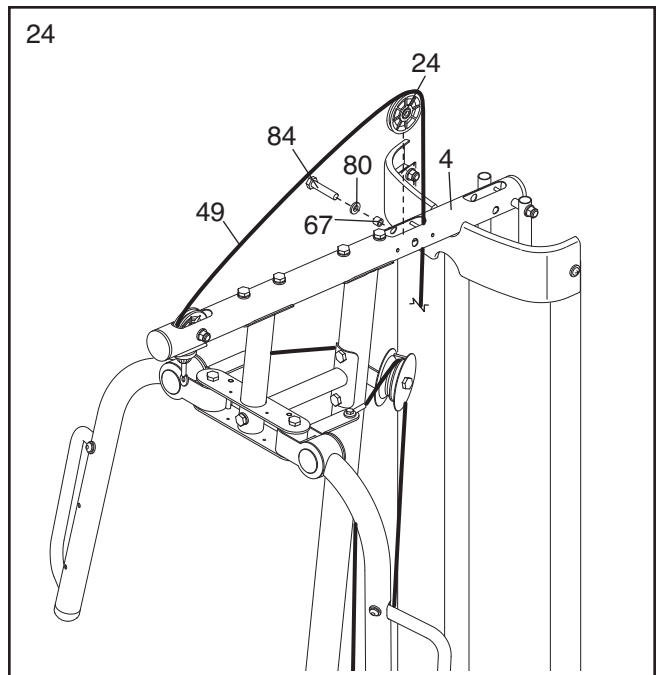


23. **Identify the Lat Cable (49).** Route the Cable up through the Top Frame (4) and over a 90mm Pulley (48). Attach the Pulley inside the Top Frame with an M10 x 80mm Bolt (84), two M10 Washers (80), two 19mm Spacers (67), and an M10 Nylon Locknut (77).

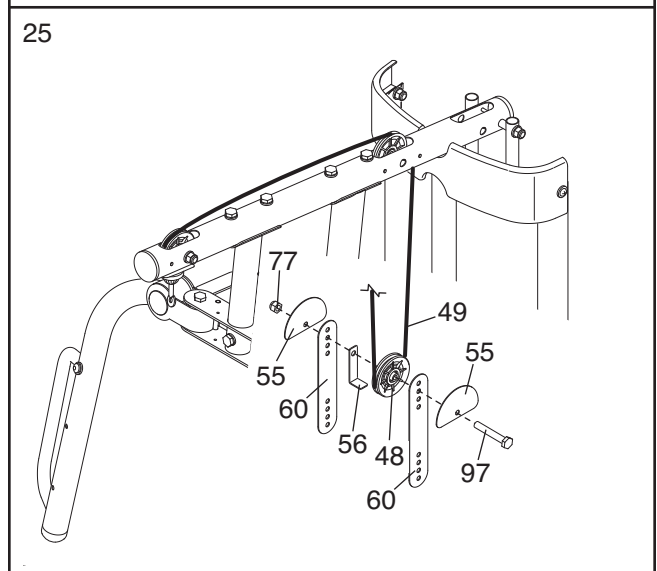




24. Route the Lat Cable (49) over a Thin Pulley (24) and down through the Top Frame (4). Hold the Thin Pulley inside the Top Frame. Insert an M10 x 80mm Bolt (84) through an M10 Washer (80), a 19mm Spacer (67), the Top Frame, and the Thin Pulley.

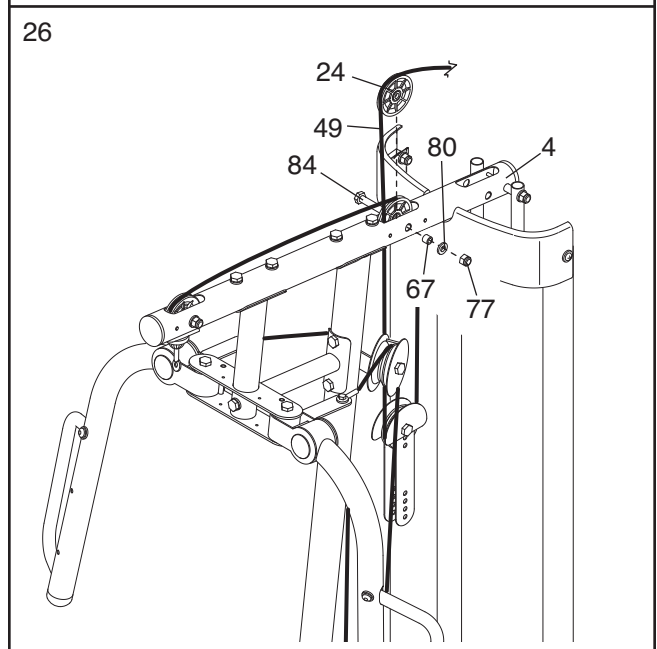


25. Wrap the Lat Cable (49) under a 90mm Pulley (48). Attach the Pulley, a Cable Trap (56), and two Half Guards (55) at the second hole from the top of the two Pulley Plates (60) with an M10 x 50mm Bolt (97) and an M10 Nylon Locknut (77). **Make sure the Cable Trap and Half Guards are oriented as shown.**

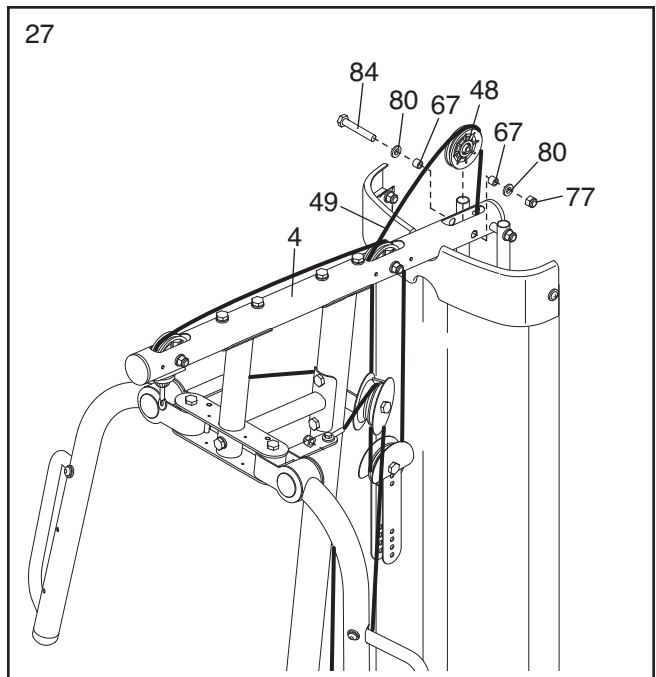


26. Route the Lat Cable (49) up through the Top Frame (4) and wrap the Cable over a Thin Pulley (24). Pull the M10 x 80mm Bolt (84) out of the Top Frame until it is flush with the first Thin Pulley from step 24. **Do not remove the Bolt completely from the Top Frame.**

Hold the second Thin Pulley (24) inside the Top Frame (4) and attach it with the M10 x 80mm Bolt (84), a 19mm Spacer (67), an M10 Washer (80), and an M10 Nylon Locknut (77).

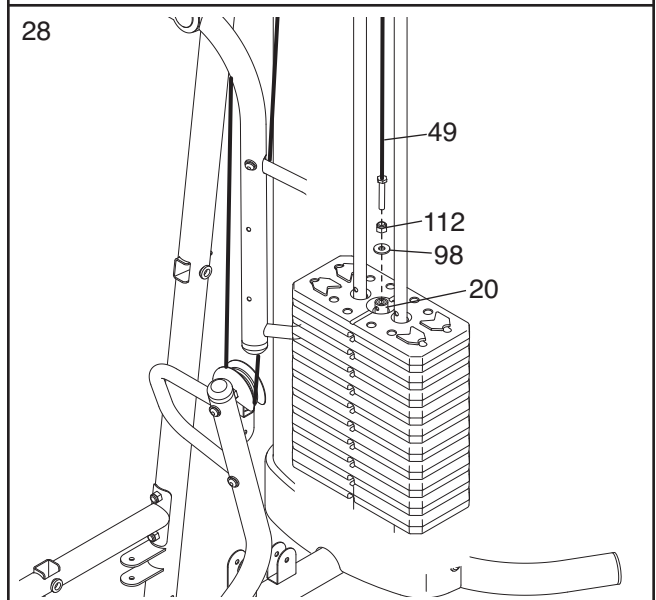


27. Wrap the Lat Cable (49) over a 90mm Pulley (48) and route the Cable down through the Top Frame (4). Attach the Pulley to the Top Frame with an M10 x 80mm Bolt (84), two M10 Washers (80), two 19mm Spacers (67), and an M10 Nylon Locknut (77).



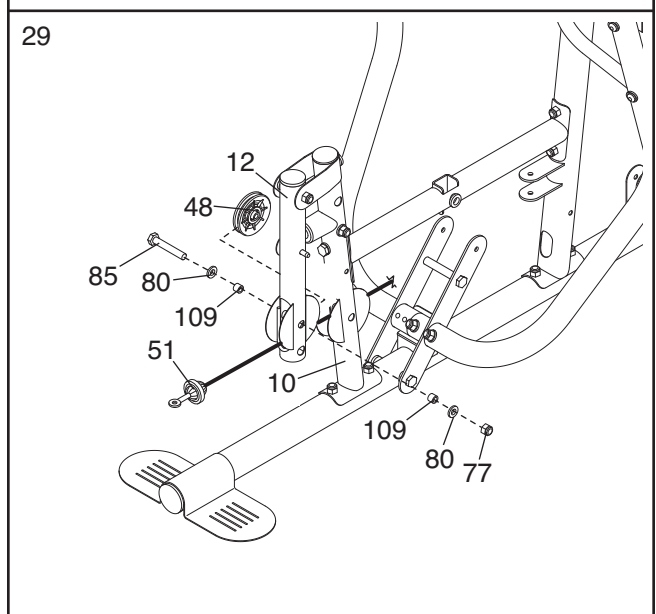
28. Set an M12 Large Washer (98) on top of the Weight Tube (20). Thread the M12 Nut (112) all the way onto the Lat Cable (49).

Thread the Lat Cable (49) into the Weight Tube (20) **two turns**. Tighten the M12 Nut (112) against the M12 Large Washer (98).

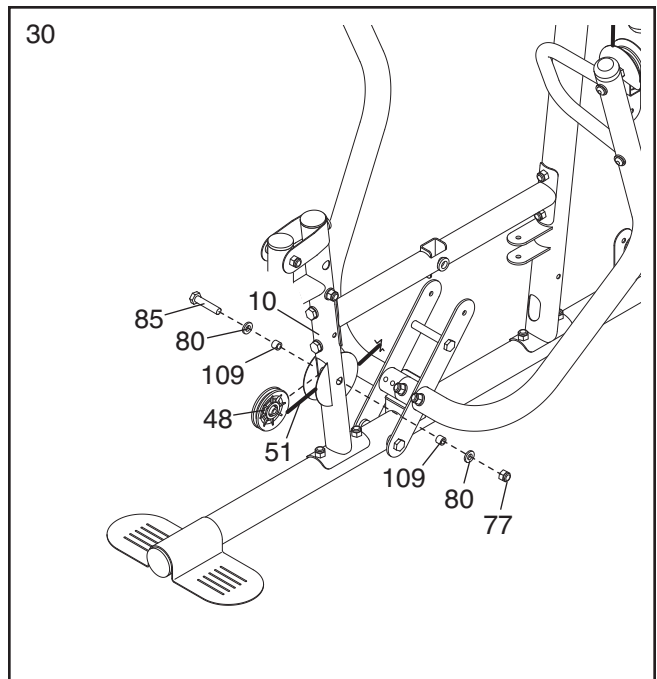


29. **Identify the Leg Lever Cable (51).** Route the Cable through the Leg Lever (12) and the Front Leg (10).

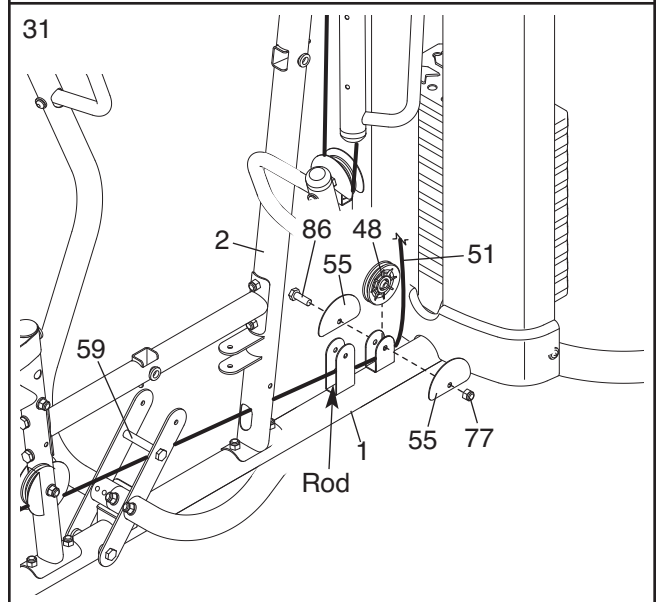
Insert a 90mm Pulley (48) into the Leg Lever (12) from behind it as shown. Attach the 90mm Pulley with an M10 x 65mm Bolt (85), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Nylon Locknut (77).



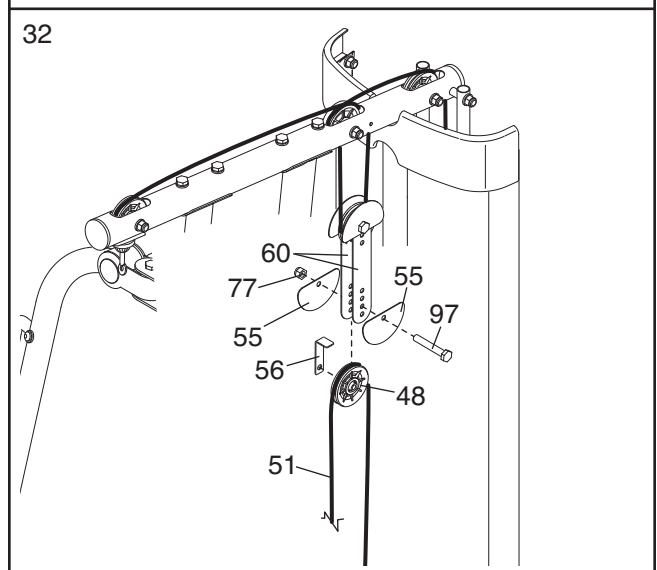
30. Attach a 90mm Pulley (48) inside the Front Leg (10) with an M10 x 65mm Bolt (85), two M10 Washers (80), two 13mm Steel Spacers (109), and an M10 Nylon Locknut (77). **Make sure the Leg Lever Cable (51) is under the Pulley.**



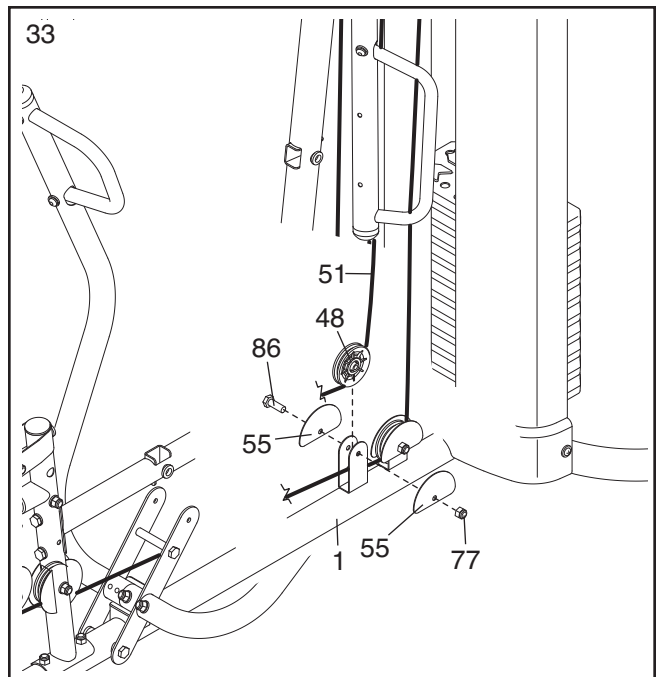
31. Route the Leg Lever Cable (51) under the 89.5mm Spacer (59), through the Upright (2), and under the indicated rod in the Base (1). Wrap the Leg Lever Cable under a 90mm Pulley (48). Attach the Pulley to the Base with an M10 x 45mm Bolt (86), two Half Guards (55), and an M10 Nylon Locknut (77).



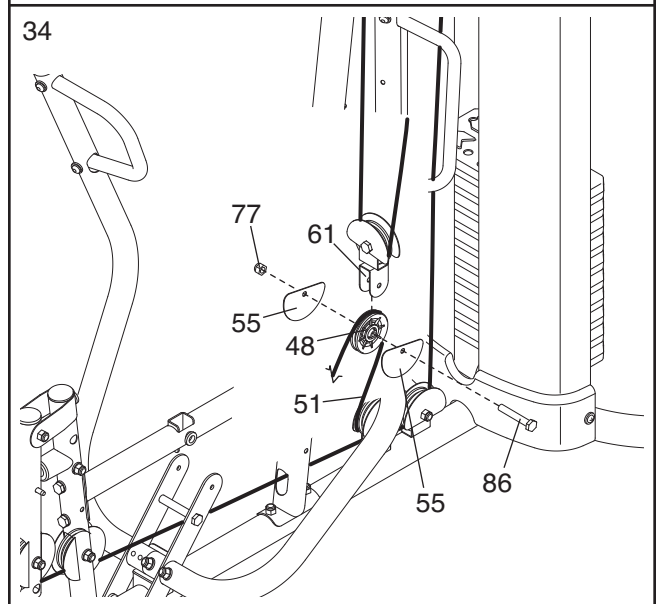
32. Wrap the Leg Lever Cable (51) over a 90mm Pulley (48). Attach the Pulley, a Cable Trap (56), and two Half Guards (55) to the second hole from the bottom of the Pulley Plates (60) with an M10 x 50mm Bolt (97) and an M10 Nylon Locknut (77). **Make sure the Cable Trap and the Half Guards are oriented as shown.**



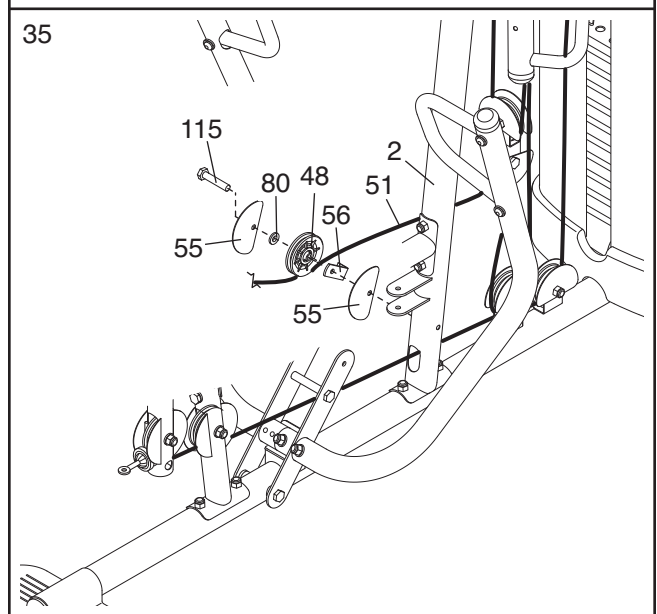
33. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Base (1) with an M10 x 45mm Bolt (86), two Half Guards (55), and an M10 Nylon Locknut (77).



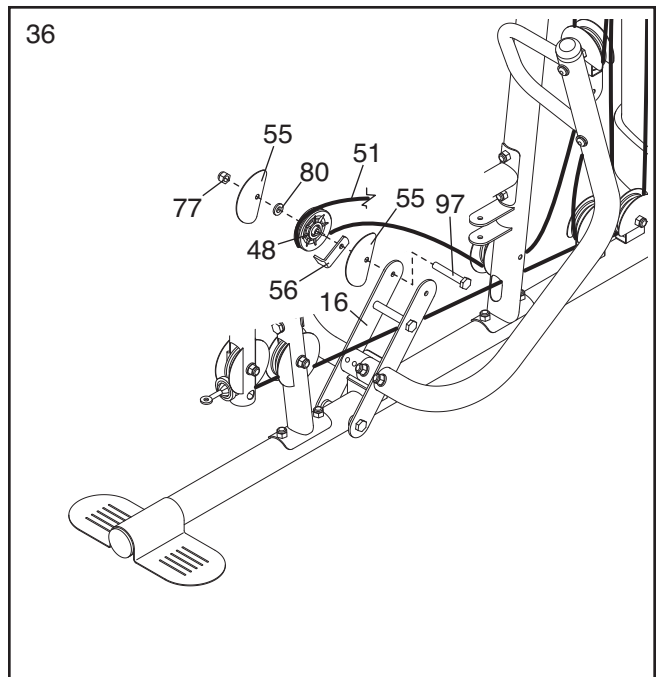
34. Wrap the Leg Lever Cable (51) over a 90mm Pulley (48). Attach the Pulley to the Double “U”-bracket (61) with an M10 x 45mm Bolt (86), two Half Guards (55), and an M10 Nylon Locknut (77).



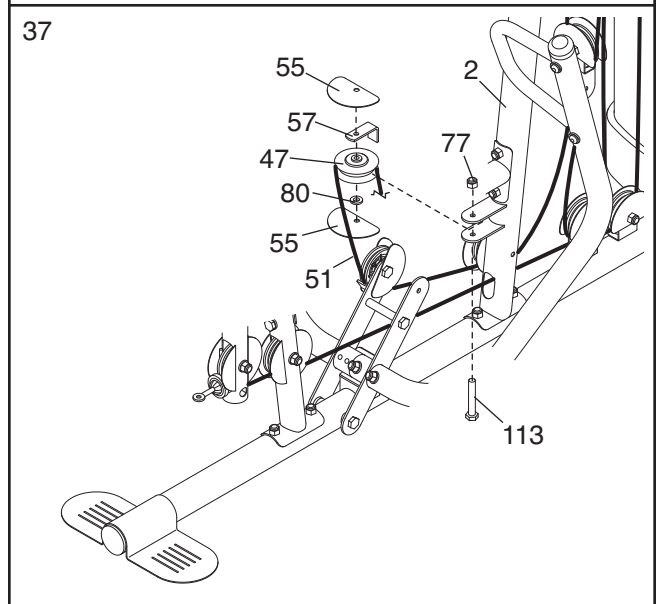
35. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Upright (2) with an M10 x 120mm Bolt (115), two Half Guards (55), an M10 Washer (80), and a Cable Trap (56).



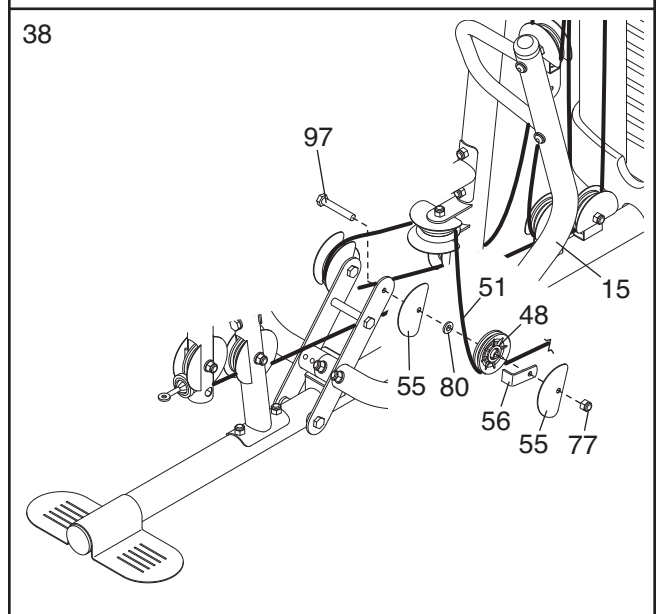
36. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Right Press Arm (16) with an M10 x 50mm Bolt (97), two Half Guards (55), a Cable Trap (56), an M10 Washer (80), and an M10 Nylon Locknut (77). **Make sure the Cable Trap and Half Guards are oriented as shown.**



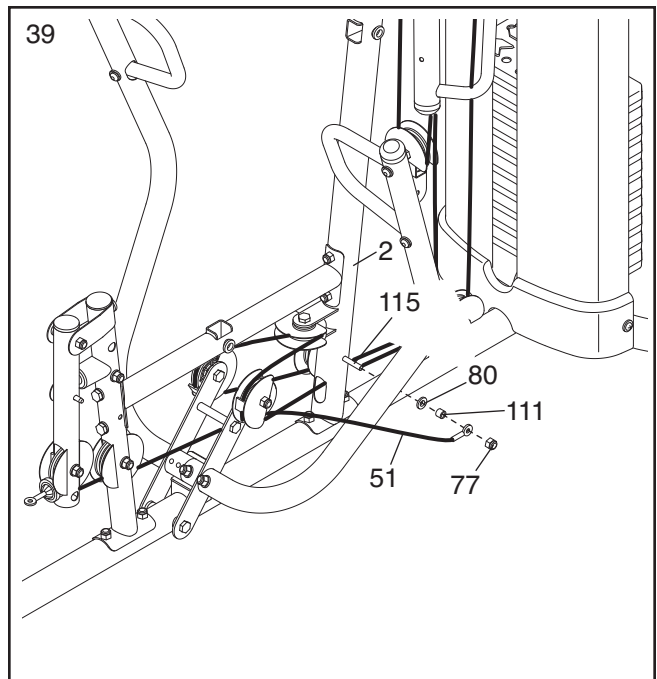
37. Wrap the Leg Lever Cable (51) around a “V”-pulley (47). Attach the Pulley to the Upright (2) with an M10 x 70mm Bolt (113), two Half Guards (55), an M10 Washer (80), a Long Cable Trap (57), and an M10 Nylon Locknut (77). **Make sure the Cable Trap and Half Guards are oriented as shown.**



38. Wrap the Leg Lever Cable (51) under a 90mm Pulley (48). Attach the Pulley to the Left Press Arm (15) with an M10 x 50mm Bolt (97), two Half Guards (55), an M10 Washer (80), a Cable Trap (56) and an M10 Nylon Locknut (77). **Make sure the Cable Trap and Half Guards are oriented as shown.**



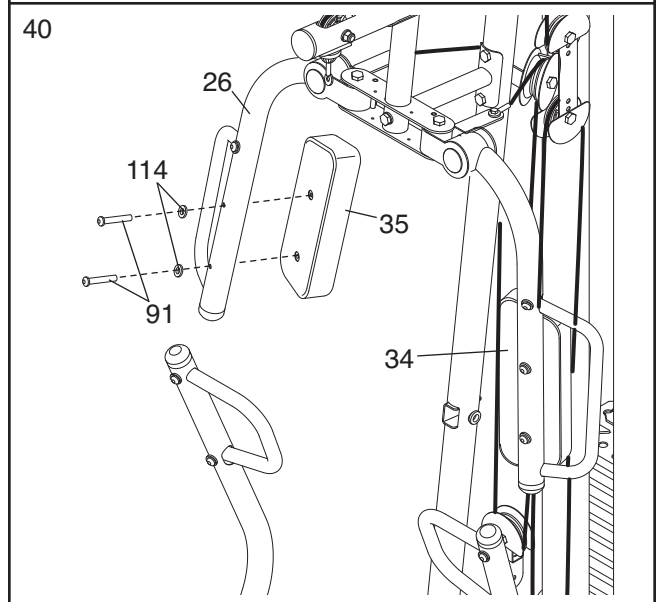
39. Attach the Leg Lever Cable (51) to the Upright (2) with the M10 x 120mm Bolt (115), an M10 Washer (80), a 7mm Spacer (111), and an M10 Nylon Locknut (77).



## Seat Assembly

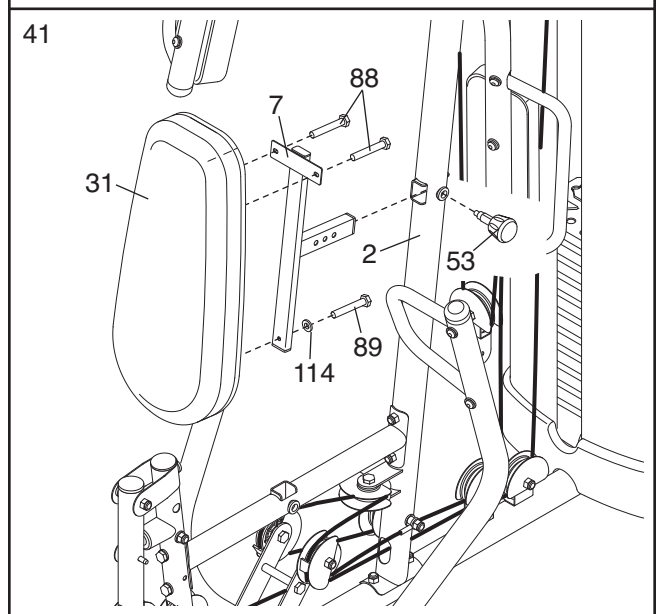
40. Attach the Right Butterfly Pad (35) to the Right Butterfly Arm (26) with two M6 x 60mm Button Screws (91) and two M6 Washers (114).

**Repeat this step for the Left Butterfly Pad (34).**



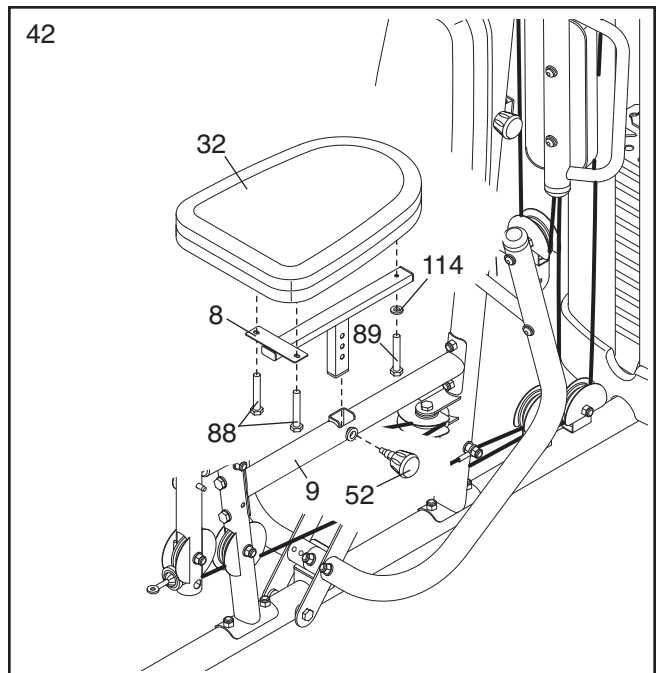
41. Attach the Backrest (31) to the Backrest Frame (7) with two M6 x 16mm Screws (88), an M6 x 32mm Screw (89), and an M6 Washer (114).

Insert the Backrest Frame (7) into the Upright (2) and tighten the Backrest Adjustment Knob (53) into the Upright. **Make sure the Adjustment Knob passes through one of the holes in the Backrest Frame.**



42. Attach the Seat (32) to the Seat Frame (8) with two M6 x 16mm Screws (88), an M6 x 32mm Screw (89), and an M6 Washer (114).

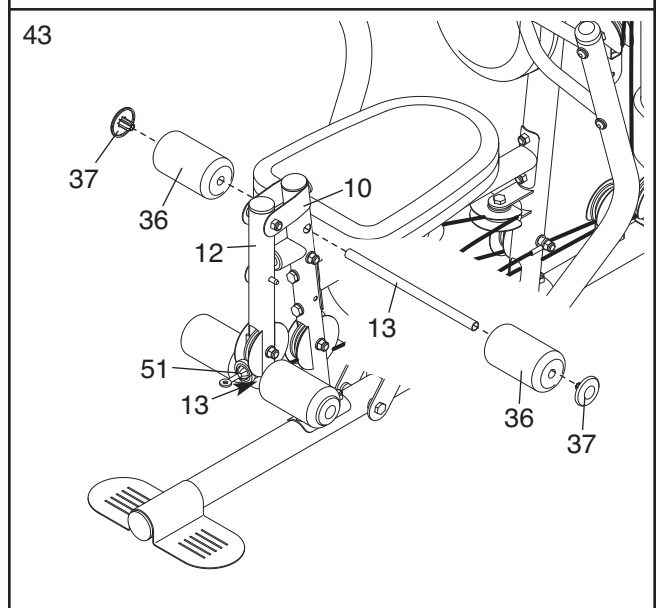
Insert the Seat Frame (8) into the Frame (9). Tighten the Seat Adjustment Knob (52) into the Frame and the Seat Frame. **Make sure the Adjustment Knob passes through one of the holes in the Seat Frame.**



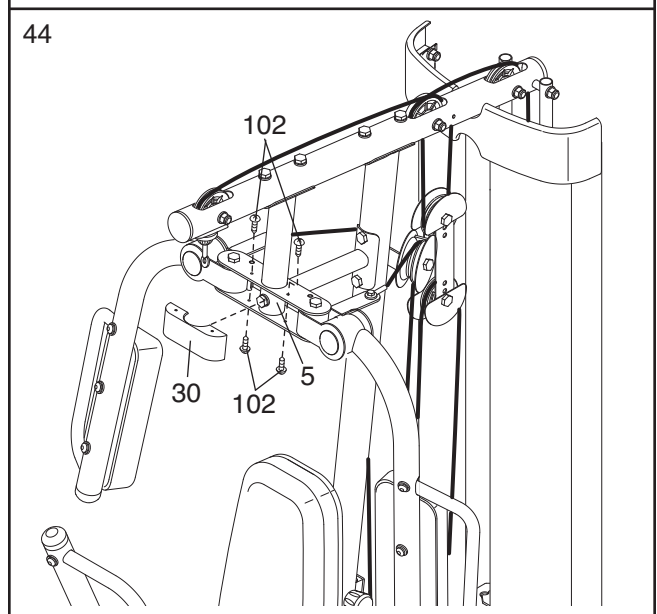
43. Insert a Pad Tube (13) into the indicated hole in the Front Leg (10). Slide a Foam Pad (36) onto each end of the Pad Tube. Press a Pad Cap (37) into each Foam Pad (36).

Press a Pad Cap (37) into each Foam Pad (36).

**Repeat this step for the other Pad Tube (13) and the Leg Lever (12). Note: Lift the Leg Lever Cable (51) when inserting a Pad Tube into the hole in the bottom of the Leg Lever.**

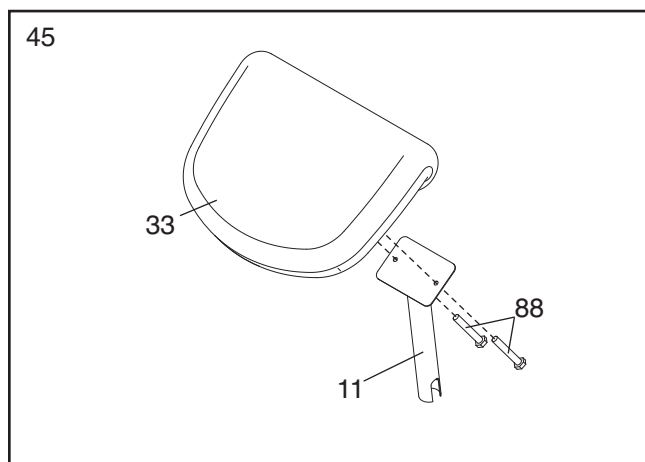


44. Attach the Butterfly Cover (30) to the Butterfly Frame (5) with four M4 x 12mm Self-tapping Screws (102).





45. Attach the Curl Pad (33) to the Curl Post (11) with two M6 x 16mm Screws (88).



46. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 28 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 29.**



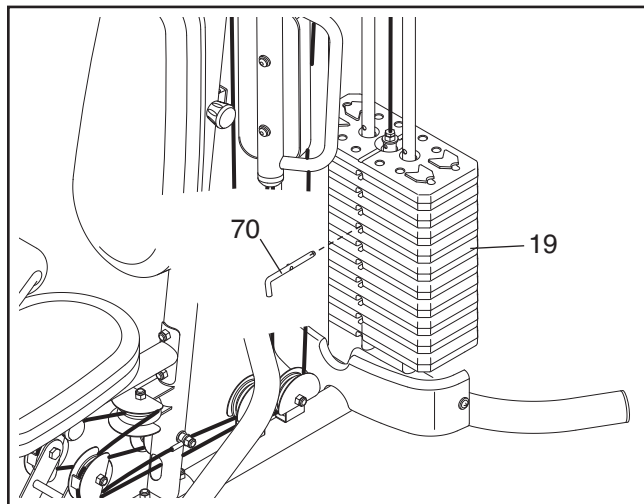
# ADJUSTMENTS

This section explains how to adjust the weight system. Refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure that all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## CHANGING THE WEIGHT SETTING

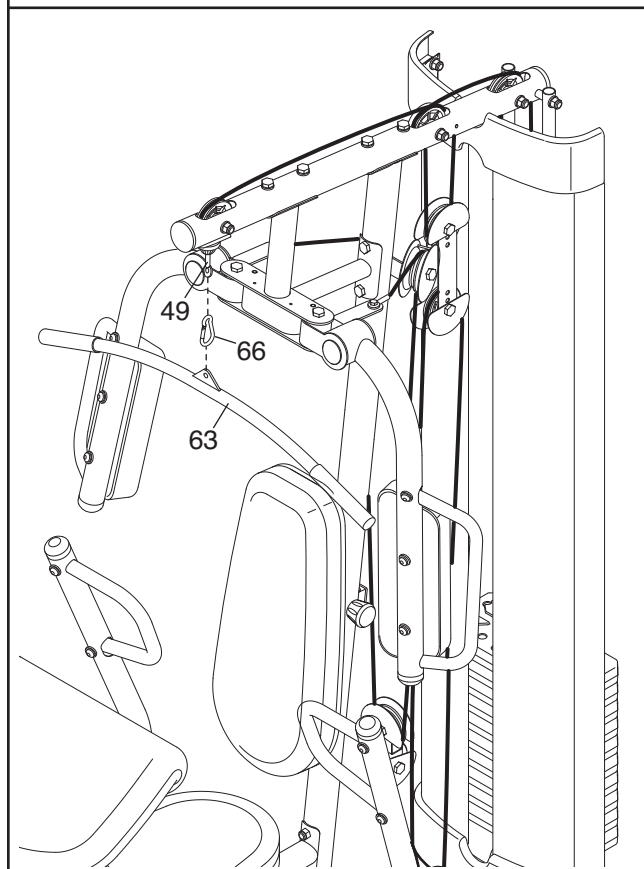
To change the weight setting of the weight stack, insert the Weight Pin (70) under the desired Weight (19). Make sure to insert the Weight Pin until the bent end of the Weight Pin touches the Weights, and turn the bent end upward. **Note: The weight system works best when at least two Weights are used.**



## ATTACHING THE ACCESSORIES

To attach the Lat Bar (63) to the Lat Cable (49), attach a Weight Clip (66) to the Lat Cable and the Lat Bar. **Note: For some exercises, you will need to attach the Chain (not shown) to the Weight Clip and use another Weight Clip to attach the Chain to the Lat Bar.**

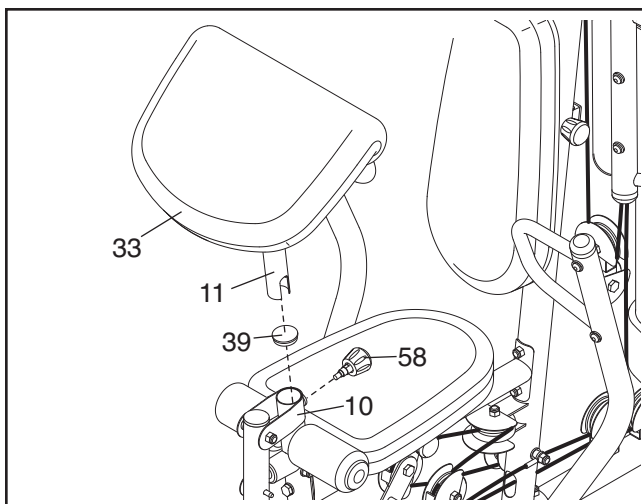
**Attach the other accessories to the weight system in the same manner.**



## USING THE CURL PAD

To use the Curl Pad (33), remove the indicated 50mm Round Inner Cap (39) and insert the Curl Post (11) into the Front Leg (10). Tighten the Curl Adjustment Knob (58) into the Front Leg. Make sure the Adjustment Knob passes through a hole in the Curl Post.

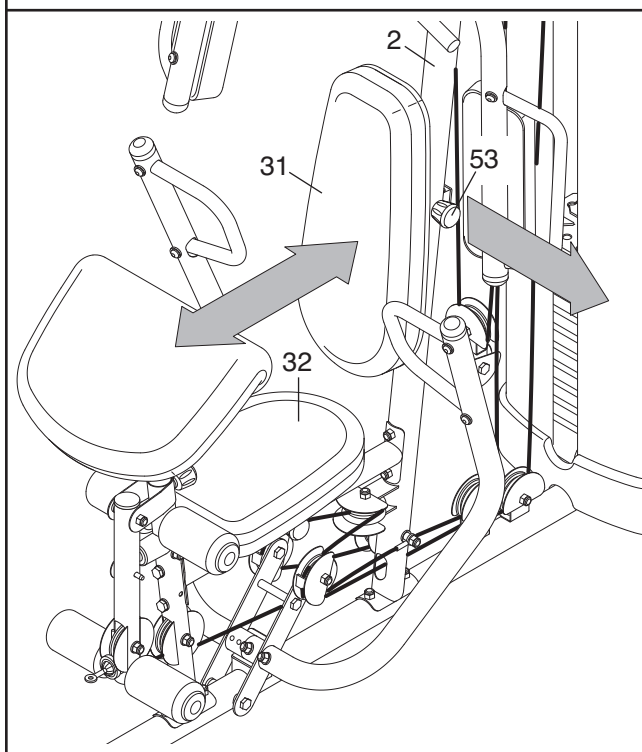
When you are performing exercises that do not require the Curl Pad, remove the Curl Pad (33) and reinsert the 50mm Round Inner Cap (39) into the Front Leg (10). **Note: You must remove the Curl Pad to use the press arms.**



## ADJUSTING THE BACKREST

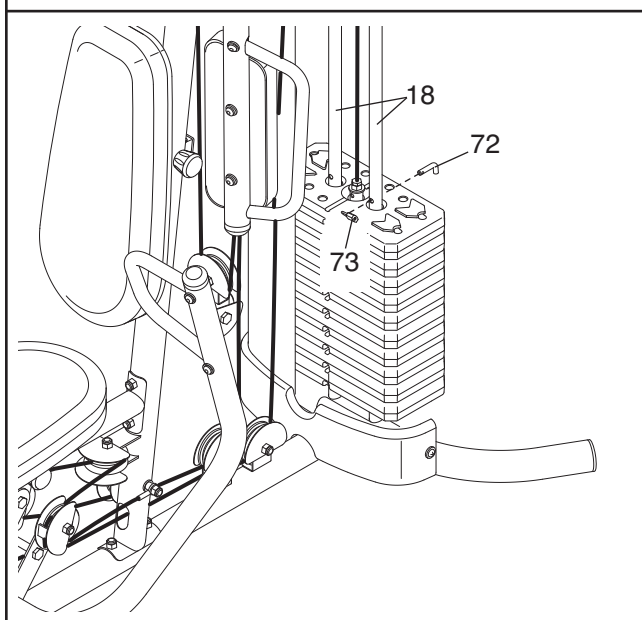
The Backrest (31) can be adjusted to provide the correct position for each exercise. To adjust the Backrest, loosen but do not remove the Backrest Adjustment Knob (53) and pull it out. Move the Backrest into or out of the Upright (2). Insert the Adjustment Knob into the Upright and through the Backrest Frame (not shown). Tighten the Adjustment Knob.

**The Seat (32) can be adjusted in the same manner.**



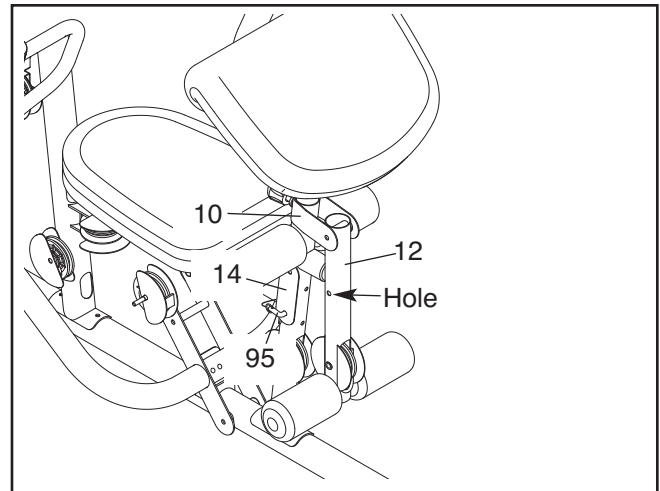
## LOCKING THE WEIGHT STACK

To lock the weight stack, insert the Lock Pin (72) through one of the holes in the Weight Guides (18) and secure the Lock Pin with the Lock (73).



## LOCKING THE LEG LEVER

To lock or unlock the Leg Lever, remove the Lock Plate Pin (95) from the Lock Plate (14). Move the Lock Plate to either the position shown on the Front Leg (10), or the indicated hole in the Leg Lever (12). Insert the Lock Pin back through the Lock Plate.



## WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. **Note: Weight resistance shown for the butterfly arm station is for each arm. The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides. For conversion purposes, 1 pound equals .454 kilograms.**

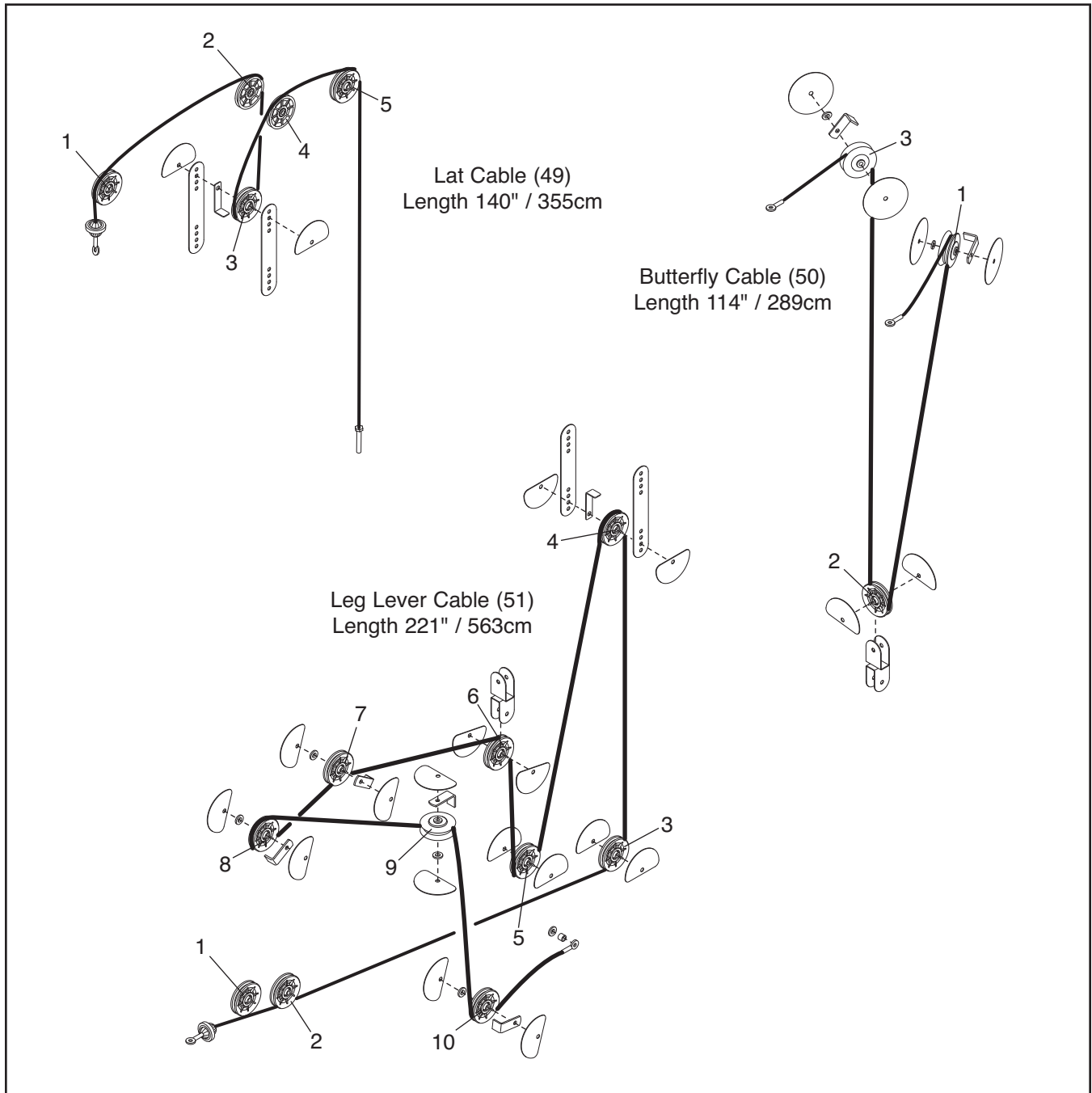
NUMBER OF WEIGHTS	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
1	27	18	48	30	27
2	40	25	61	43	42
3	53	32	74	59	55
4	70	40	93	72	70
5	87	45	111	87	83
6	97	53	121	107	99
7	112	61	136	116	114
8	130	67	155	131	127
9	140	74	170	145	141
10	156	81	185	167	153
11	167	*	201	183	165
12	177	*	216	192	187
13	192	*	231	205	195
14	201	*	246	221	211
15	213	*	251	232	224

\*Do not use more than ten weights with the butterfly arms.

# CABLE DIAGRAM

The cable diagram shows the proper routing of the cables (49, 50, 51). Use the diagram to make sure that the cable and the cable traps have been assembled correctly. If the cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the cable.

**Make sure that the cable traps do not touch or bind the cable.**



# MAINTENANCE

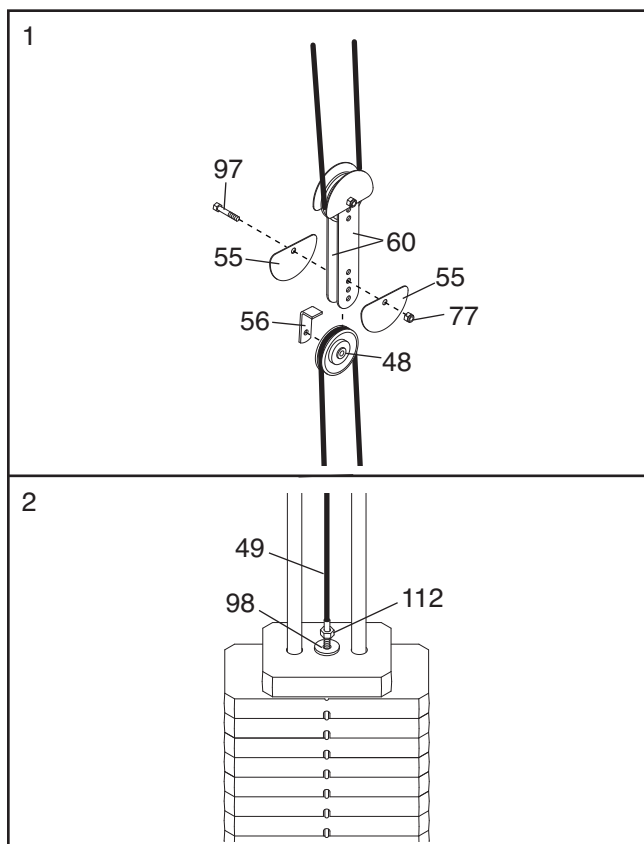
Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

Remove the M10 Nylon Locknut (77) and the M10 x 50mm Bolt (97) from the Cable Trap (56), the 90mm Pulley (48), the two Half Guards (55), and the two Pulley Plates (60). Reattach the Pulley, Cable Trap, and Half Guards to the next closest hole to the center of the Pulley Plates. **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley, that the Half Guards are oriented as shown, and that the Cable and Pulley move smoothly.**

Loosen the M12 Nut (112) on the Lat Cable (49). Tighten the Cable into the Weight Tube (not shown) until the slack is removed from the Cable. Retighten the M12 Nut against the Large Washer (98).



**Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.** If the cables need to be replaced, see the part ordering information on the back cover of this manual.

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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for three minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for one minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to implement a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overexerting yourself during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

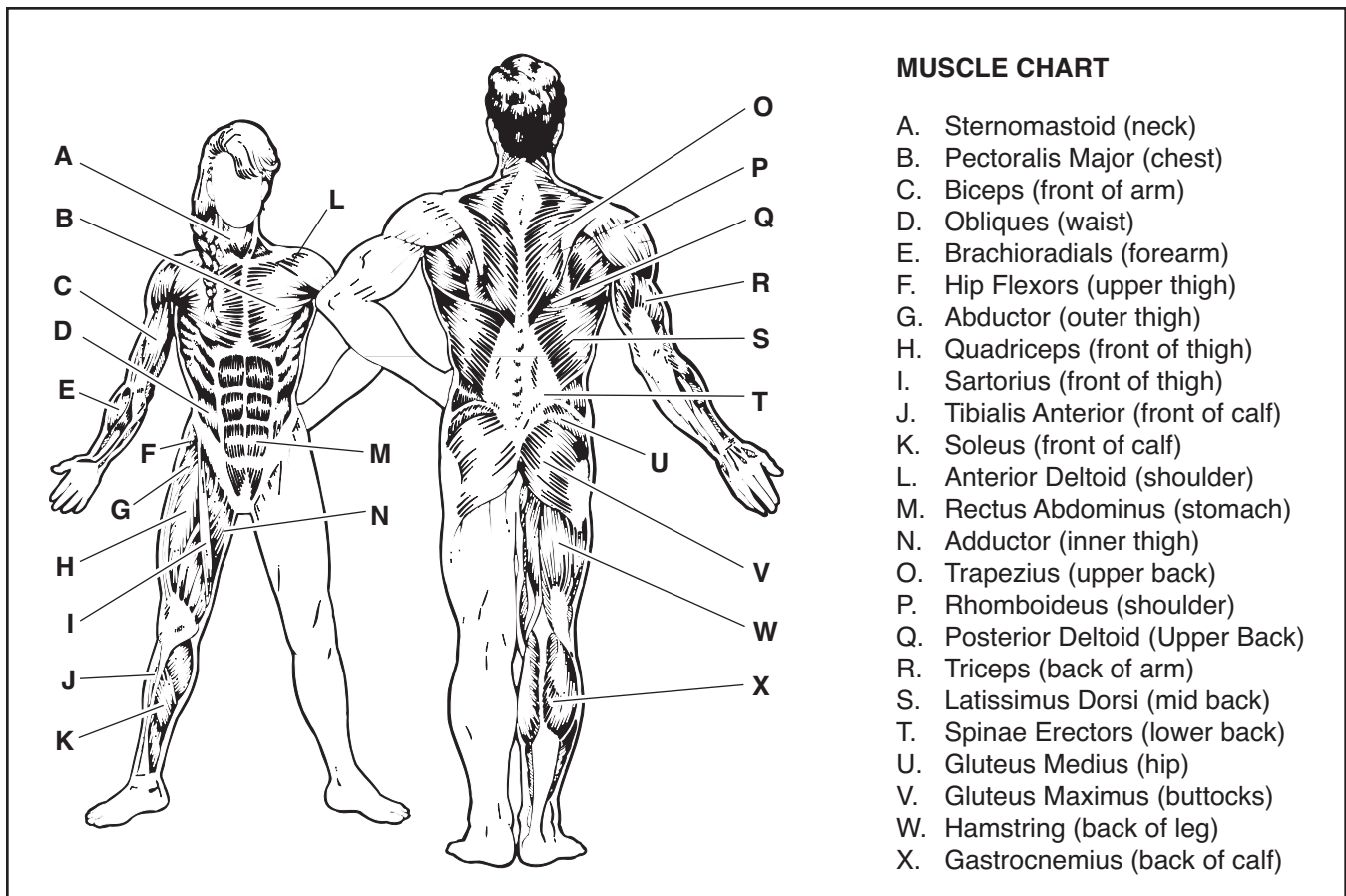
## COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

## STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 32 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

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**TUESDAY      AEROBIC EXERCISE**

Date: / /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

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**THURSDAY      AEROBIC EXERCISE**

Date: / /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.



# PART LIST—Model No. WEEVSY2996.0

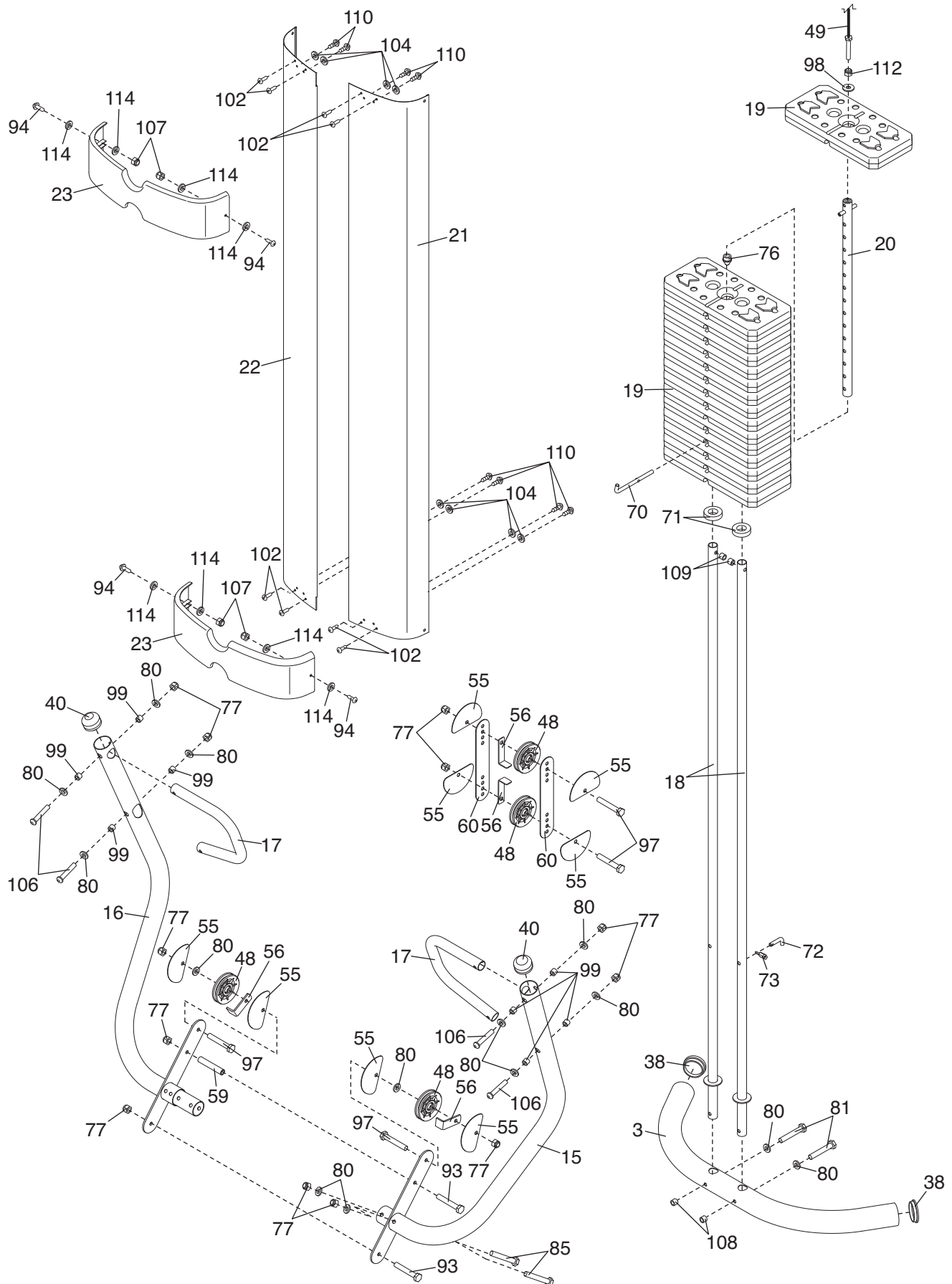
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Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	43	2	Butterfly Arm Cap	87	1	M8 x 69mm Shoulder Bolt
2	1	Upright	44	2	Bolt Cap	88	6	M6 x 16mm Screw
3	1	Stabilizer	45	4	Butterfly Arm Bushing	89	2	M6 x 32mm Screw
4	1	Top Frame	46	4	Butterfly Bracket Bushing	90	2	M8 x 22mm Shoulder Bolt
5	1	Butterfly Frame	47	3	“V”-pulley	91	4	M6 x 60mm Button Screw
6	1	Butterfly Frame Brace	48	13	90mm Pulley	92	2	M10 x 82mm Button Screw
7	1	Backrest Frame	49	1	Lat Cable	93	2	M10 x 110mm Bolt
8	1	Seat Frame	50	1	Butterfly Cable	94	4	M6 x 28mm Bolt
9	1	Frame	51	1	Leg Lever Cable	95	1	Lock Plate Pin
10	1	Front Leg	52	1	Seat Adjustment Knob	96	1	M10 x 155mm Bolt
11	1	Curl Post	53	1	Backrest Adjustment Knob	97	4	M10 x 50mm Bolt
12	1	Leg Lever	54	4	Guard	98	1	M12 Large Washer
13	2	Pad Tube	55	20	Half Guard	99	8	11mm Spacer
14	1	Lock Plate	56	5	Cable Trap	100	8	M8 x 80mm Bolt
15	1	Left Press Arm	57	3	Long Cable Trap	101	2	M8 x 65mm Bolt
16	1	Right Press Arm	58	1	Curl Adjustment Knob	102	13	M4 x 12mm Self-tapping Screw
17	2	Press Arm Handle	59	2	90mm Spacer	103	11	M8 Washer
18	2	Weight Guide	60	2	Pulley Plate	104	9	M4 Washer
19	15	Weight	61	1	Double “U”-Bracket	105	2	M10 Large Washer
20	1	Weight Tube	62	1	Ankle Strap	106	6	M10 x 65mm Button Bolt
21	1	Left Shroud	63	1	Lat Bar	107	4	M6 Nylon Locknut
22	1	Right Shroud	64	2	Hand Grip	108	2	21mm Steel Spacer
23	2	Shroud Cover	65	1	Handle	109	10	13mm Steel Spacer
24	2	Thin Pulley	66	2	Weight Clip	110	9	M4 x 16mm Self-tapping Screw
25	1	Left Butterfly Arm	67	6	19mm Spacer	111	1	7mm Spacer
26	1	Right Butterfly Arm	68	4	25mm Bushing	112	1	M12 Nut
27	2	Butterfly Handle	69	1	56.5mm Spacer	113	1	M10 x 70mm Bolt
28	1	Left Butterfly Bracket	70	1	Weight Pin	114	14	M6 Washer
29	1	Right Butterfly Bracket	71	2	Weight Bumper	115	1	M10 x 120mm Bolt
30	1	Butterfly Cover	72	1	Lock Pin	116	1	M10 x 61mm Bolt Set
31	1	Backrest	73	1	Lock	117	1	Chain
32	1	Seat	74	8	16mm Bushing	118	1	M10 x 75mm Button Screw
33	1	Curl Pad	75	1	Leg Lever Bumper	#	1	User’s Manual
34	1	Left Butterfly Pad	76	1	Weight Tube Cap	#	1	Exercise Guide
35	1	Right Butterfly Pad	77	34	M10 Nylon Locknut	#	4	Hex Key
36	4	Foam Pad	78	18	M8 Nylon Locknut	#	2	Grease Pack
37	4	Pad Cap	79	2	M10 x 60mm Bolt			
38	5	63.5mm Round Inner Cap	80	35	M10 Washer			
39	3	50mm Round Inner Cap	81	2	M10 x 85mm Bolt			
40	2	Press Arm Cap	82	2	M10 x 75mm Bolt			
41	4	40mm x 20mm Inner Cap	83	5	M8 x 75mm Carriage Bolt			
42	2	40mm x 25mm Inner Cap	84	5	M10 x 80mm Bolt			
			85	4	M10 x 65mm Bolt			
			86	4	M10 x 45mm Bolt			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

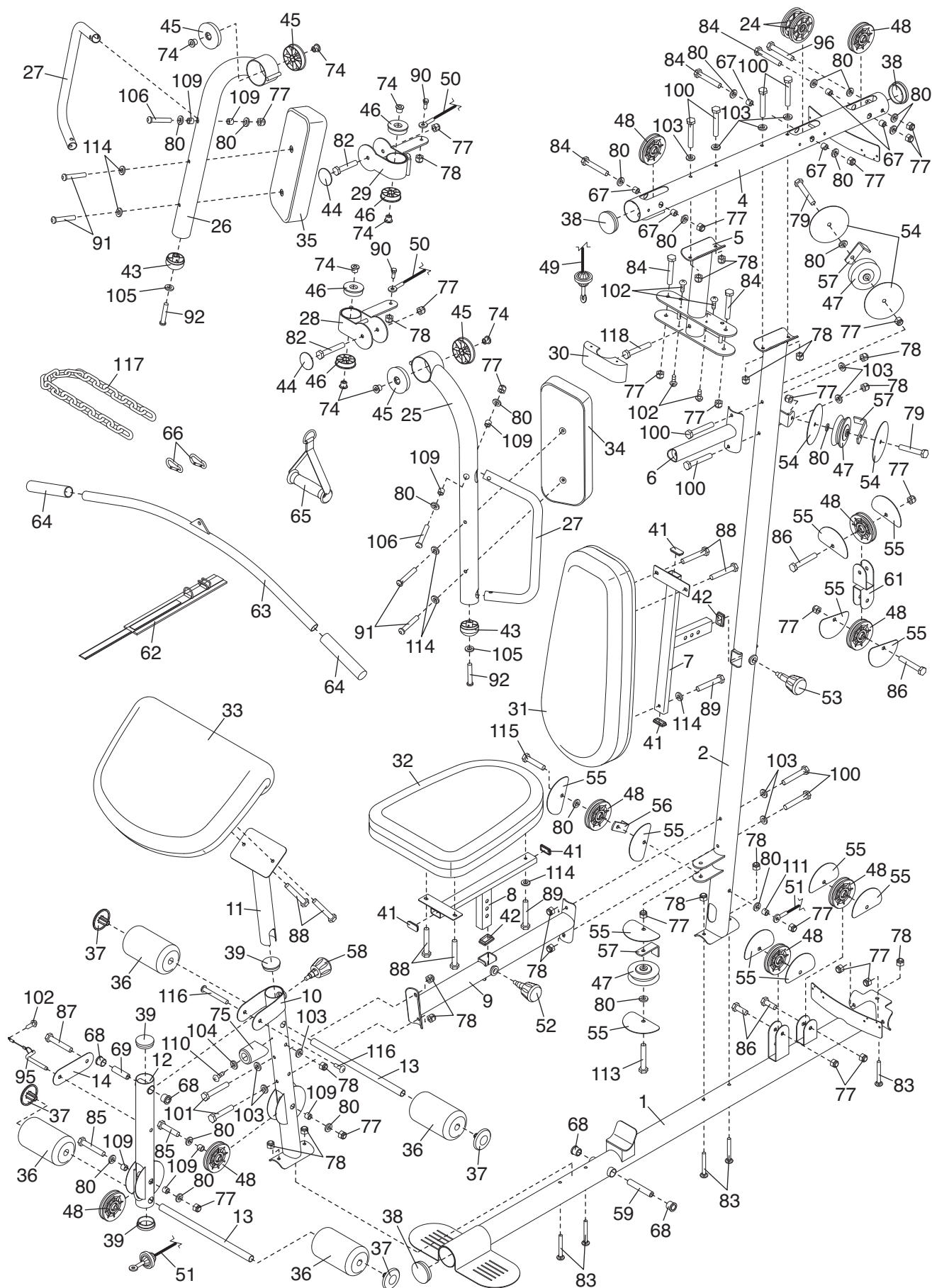
# EXPLODED DRAWING—Model No. WEEVSY2996.0

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# EXPLODED DRAWING—Model No. WEEVSY2996.0

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# ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4, Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

**08457 089 009**

Outside the UK: 0 (444) 113 387 7133  
Fax: 0 (444) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVSY2996.0)
- the NAME of the product (WEIDER PRO 5500 weight system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)